



## Wee Learners(4 - 5 years): Practical Ways To Simplify Your Family's Day

Simplifying your family's day can feel like an uphill battle and hurricane at times. It requires intentional effort to set new boundaries, mindsets, and habits.

Every day we are pulled in new directions and given new opportunities and a chance to make new decisions. Simplifying your family's life is a big change that's built from many small decisions. If you're looking for ways to simplify your family's life in small actionable ways, here are some things that work for us:

- 1. Make a list of three things.** Write down the three most important things you need to do for the day. Then invite your children to do the same. The key is not to prioritize your schedule but to schedule your priorities.
- 2. Give your daily-use items a home.** When becoming minimalist the idea is to give every item a home or a place they belong, but if you can't simplify your home all at once, try starting with the things you and your family use daily. One way your family can do this is by putting together a storage area to hold the things you have brought in and out of your home daily — bags, shoes, school papers, mail, and jackets. Having a place for the things you use every day helps keep your family organized even on the full days.
- 3. Say no. In today's world we have more consumption at our fingertips than is good for us.** If we want to have more time for what matters consider these words from Oswald Chambers, "The whole point of getting things done is knowing what to leave undone." We don't have to do and say yes to everything that comes our way—in fact, we can't.
- 4. Practice gratitude. Gratitude opens the door to simplicity for your family.** It's hard to want more when you're resting in gratitude. When we're practicing gratitude we naturally want less, and this lessons the attraction our hearts feel toward having and being more.
- 5. Embrace the idea of one.** As you go about your day look for places where one might be enough, for example each of your family members uses their own water bottle for the day minimizing doing dishes and encouraging them to drink more water.
- 6. Simplify your cleaning products.** With minimal multi-use cleaning products, the daily/weekly routine of cleaning becomes simpler.
- 7. Cook in one pot.** Choose meals that can be prepared in one pot. It's a pressure cooker that dramatically shortens the cooking time!
- 8. Batch cook.** Batch cooking is preparing a larger quantity of food ahead of the time you intend to use it. Cooking entire meals or meal components (side-dish) in batches will save you time and effort during the week.
- 9. Fast from social media.** There is more information flowing into families' lives now more than ever. With social connection just a scroll away there are endless possibilities for interruptions and distractions. Reducing screen time will give your family more opportunity to talk and to spend more time with each other.
- 10. Prep for tomorrow.** Think about your schedule tomorrow and look at each activity. Is there any essential activity that can be made easier?
- 11. Plan a do-nothing day.** Planning a do-nothing day weekly isn't about actually doing nothing; instead, it's about having nothing planned. Allowing this gap time in your week gives way for reconnecting with your family and more time for rest and reflection.

It takes an intentional effort and commitment to keep a family on track but it's one worth the investing in! When we choose simpler, we make time for what matters, in our homes, in our minds, and in our hearts.

Source: <https://bit.ly/2IGswXb>