

Title:

Every Mom Needs A Break Before The Breaking Point

Word Count:

482

Summary:

It's probably no secret to you that today's mom is busier than ever. It doesn't matter if you

I've been working closely with stay-at-home mothers since 2002 and it's no secret that most mo

Keywords:

balancing work and family, socialize, support

Article Body:

It's probably no secret to you that today's mom is busier than ever. It doesn't matter if you

I've been working closely with stay-at-home mothers since 2002 and it's no secret that most mo

Still, it's not easy when we have heavy demands on our time and sometimes the only spare momen

And never be afraid to ask for a break. Ask a trusted friend or family member to watch the kid

Recently, I spoke to Life Coach Aurelia Williams of RealLifeCoaching.net and she told me, ^Bei

Aurelia also urges you to give yourself ^time to unwind, socialize and bond with others, espec

Even when you're busy, you can always connect with other moms during your children's activitie

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