

Reclaim your weekend

A template to create thoughtful and stress-free weekend schedules with young children.

- 1. Focus on quality over quantity.** Reduce your expectations about what you can achieve.
- 2. Plan in advance.** Before you wake up on Saturday morning, make sure you're on the same page about your expectations and plan it out around your child's routine or commitments.
- 3. Get clear on your essentials.** What are the 1-2 things that you really need to do and how do you need to help each other get them done? Maybe the washing is piling up, the baby has run out of socks or there's no food in the fridge.
- 4. Give each other space.** How can you carve out 2-3 hours for each of you to have time to themselves – without expectation to 'achieve' anything. Whatever gives you energy, it's so important to give each other that time to recharge without the baby or chores.
- 5. Do something nice together.** What are you going to do as a family, or as a couple just for fun.

Reclaim your weekend

Break your weekend down into smaller chunks. Make space for your own down time, and focussed family time, as well as the chores. Get the kids involved in the plan too so they can see when you'll all be together.

Saturday

Morning

Afternoon

Evening

Sunday

Morning

Afternoon

Evening
