



Send to a Friend

Tickets

Photos

Bios

Where to Watch

Fun Stuff

Join In!



Family & Friends

Family & Friends

April 16, 2004

Run Your Home Like a Business

About our guest:

Tracy Lyn Moland, B. Ed. is an author, speaker, and consultant specializing in providing solutions to mothers. Her latest book, "Mom Management" teaches moms how to keep track of themselves in a world of everybody else.

Q & A with Tracy Lyn Moland

1. Moms are always being pulled in so many directions. How can we manage our lives like a business?

Moms are busy, busy, busy. They must have the energy to do it all. Everyday is crazy...here to there to here, pick this up, pick that up, dust this, mop that. You are trying to get dressed, make lunches, and answer the phone all at the same time. We never stop. We become slaves to our family and everyone around us. We are expected to be able to do and handle everything. You need to learn to take care of "me" in the midst of "we."

2. Should we pretend we're the boss and run the home like a CEO would?

We need to start thinking like C.E.O.s. We need to run our homes and lives like a business. Corporations are not successful because they just wing it everyday, they have plans and strategies, and we need to do the same. Successful businesses have time for work and play and we can do the same. We don't want to be so tied up that we don't have time to play and live! If we apply a few practical skills to our homes, we will have more time for family, for life and for taking care of the ME in MOM-ME. This will give us the energy to do everything else in life.

3. You've outlined some of the keys to

Show Information

- Recipes
- Beauty & Style
- Entertainment
- Family & Friends
- Health & Fitness
- Home Beautiful
- Money Talk
- Travel
- Charities

This Week's Schedule

successful mom management. What are they?

Successful Mom Management: Planning

Moms have to learn successful planning. We need to be both aware of what is going on now and in the future. Life will pass us by if we aren't paying attention. Planning should include use of time management tools—a calendar system, organization planning, simple things like hanging the keys in the same spot every night...the five minutes you save looking for them every day at the end of the week could be a half-hour spent with a good friend having coffee and catching up.

Successful Mom Management: Delegating

We need to learn about delegating. Delegating helps both parties. The party delegating (mom) finds more time for things and the parties being delegated to learn a sense of responsibility and life skills. If you teach your children how to make dinner on their own, then you won't be stuck coming home to hungry kids on PTA night. And your child will not be making grilled cheese with an iron when he gets to college.

Good managers know when it is time to give their employees more responsibilities. So should you. Kids can usually do more than we give them credit for, even little ones can help with chores like setting the table and sorting the recycling. And reward them...if you do the dishes we can watch a movie and have popcorn. You will be relaxed knowing the work is getting done and you get to spend time with your kids.

Successful Mom Management: Balancing Money vs Time

We need to learn about balancing our money versus our time. We all want more time. We have to decide at times what is more important—time or money. Sometimes it is worth the extra money to order-in supper, have a cleaning lady, or bargain shop. At other times, it is worth saving the money and doing things ourselves. This comes back to being aware of the bigger picture and planning things out in your home. Does it make sense to fight the afternoon rush at the grocery store with impatient kids...no, go home, spend the time with your kids and when they are asleep run to the 24-hour store.

You time is valuable. Before you spend 30 minutes to drive out of your way to save \$3.00

dollars on laundry detergent, stop and think about the time you are giving up and how much it really saves you.

Anyone can cut your lawn or clean your house, but only you can read a book to your child and be at his basketball game...you have to balance time versus money.

Successful Mom Management: Multitasking

Multitasking is so important. But we need to learn how to multitask the correct way. Sometimes, we try to do so much that we don't do any of it properly. Often at work, we focus in on a task and get it done. This works really well at home too. Don't sit at the computer in the morning to send e-mail, in the afternoon to get recipes for dinner, and at night to pay bills. Streamline and multitask...make one trip to the computer and complete all those tasks.

Successful Mom Management: Making Work Fun

You have to make sure you are making work fun! Companies do this all the time; they book meetings at golf resorts or have conventions in Orlando. You CAN combine business with fun. If you are a mom, a wife, a homeowner, an employee, a person...there are things that have to be done that just aren't fun. See if you can find a way to make the work more fun. Add a perk...a cup of coffee in a cute coffee shop after grocery shopping, a glass of wine while making dinner, a bubble bath after cleaning the house. Encourage others to do the same and it will save you time. Remind your husband about the golf range that is near where he needs to drop off your daughter for ballet. He'll be happy to take of that chore.

For more information:

<http://www.tracylynmoland.com/index.html> (Tracy Lyn Moland)

<http://www.redbookmag.com/> (Redbook Magazine)