



Episode 014: Oh @\$*, Mom is sick!

Shownotes: www.crunchysupermom.com/blog/014

This show was inspired by a dreadfully long string of illnesses in both of our homes and we don't even live in the same state! This issue of mom being sick cannot be fully addressed without encouraging everyone to listen to our previous episode which was all about communicating our routines to our spouses. Truly podcasts 013 and 014 and their Powerplans go hand in hand.

We're adding a segment to our shows called The 2-Minute Tear Apart where we closely examine something we have come across in our lives to determine if it is our goal of living a healthy life. At the end of the 2 Minutes you should know the ins and outs of the practice or product we tear apart. This week we tore apart timeouts. Make sure to tune in to hear what we researched and also what we have found to work for both of our families.

OH @\$*, MOM IS SICK!

Having kids means sickness and germs play a very big role in mom's life. And boy does it stink when she falls ill! Not having a sick day routine in place means that as soon as mom gets well, she has the joy of cleaning every square inch of my house, grocery shopping, redoing the meal plan and likely catching up on days of laundry. No matter how sick mom is, some things still have to be done! And unless your kids are of the age that they can play alone and feed themselves all day without needing help, mom will need to intervene. This means you need some kind of routine that they expect and enjoy.....or else you are doomed to dragging yourself through the day in a state of panic wondering how you can make it through.

WHAT TO LET GO OF WHEN YOU ARE SICK

Cooking - Pull out a freezer lunch and/or dinner. Keep "emergency" food around that you can easily get on a plate for the kids or that an older child can serve. Redo the meal plan so someone else can easily prepare food.

Feeling guilty about allowing kids more screen time than usual - unless you are opposed to allowing screen time, having pre-selected shows or games to provide entertainment at intervals throughout the day can be a lifesaver.



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DO ONLY WHAT HAS TO BE DONE

Dishes - load them into the dishwasher and get it started if at all possible. Not letting the dishes pile up is key. Enlist the help of kids and husband to keep this task up so you don't fall behind and end up searching for a clean plate at each meal.

Laundry - try to keep the laundry from piling up. If you can get it started, it is very likely that an older child or husband will finish the task. Even if the clean laundry does not get put away immediately, it is at least still clean!

EXAMPLE ROUTINE

-Meal Time, Chore Time, Fun Time (Repeated 3 times a day).

-Run 30 minute timers all day, 30 min cleaning (or whatever important focus area), 30 min play time--repeat all day. I've even made this more complex by making a list of focus areas: school, clean, work. Then my 30 minutes timers would look like this 30 min school, 30 min play, 30 min clean, 30 min play, 30 min work, 30 min play. You're probably wondering why I do it this way. Well, it helps the kids stretch their patience for the activity we are doing. We pull out timer days when it is really horrible outside and we can't go anywhere. We especially use them when one or all of us are sick. When I'm sick, I have even done 60 min play time, 30 min mom time. This keeps them from bothering me if I'm needing to sleep but it also lets them know my nap isn't infinite. Thankfully, this Mom is Sick timer doesn't happen super often but when I am so sick I need to use it...I'm so glad I've already established it with my kids.

Now what about handling meal time and chores? That's a really difficult area. I have been too sick to stand at the sink before in the last year. To avoid a filthy kitchen, I ended up letting the kids put the dishes in the washer for me. I figured that even if they didn't come clean, they would at least be in the washer instead of on the counter. Plus, my husband is more likely to empty a clean dishwasher than he is to load an empty dishwasher! If I can just get the dishes in there when I'm sick....there is a really good chance I can get him to unload them.

Laundry is another chore I hate to ever let slide. The same thing applies here- I enlist the help of the children. I let them earn a movie by doing my chores for me. Bonus: make meal time popcorn, fruit and nuts with the movie they earn by doing mom's chores. These three basic items of sustenance will feel like a treat, or they do at least for my kids, and they are easily prepared by young children.



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Another extremely important tip for surviving a mom sickness is letting go of the guilt. Yes, you're sick and unable to be super fun and amazingly organized mom for the day or even the week. Your kids will survive. They really will and they will actually be better humans as a result. They can learn empathy and have the opportunity to practice their independence, team-work, cooperation, and leadership while you are resting your heavy eyelids. Screens are always my last resort but I never feel guilt when I need to use them when I'm sick. The important caveat is to prepare the ipads or movie devices ahead of time so you already know you have pre screened all the options for them. Each of my kids have an ipad and they are only loaded with quality apps and shows so I don't have to worry they are overdoing it with stimulation.

LIST OF ACTIVITIES AND IDEAS

Water color paint

Baths

Bubbles

Cooking tasks that require one pan- like macaroni and cheese or heating up soup from the freezer.

Cosmic Kids Yoga

Right Now Media or Jelly Telly

Singing Machine--yes, even though it makes headaches and body aches much worse for mom.

Sensory bins

Fort or tent building

River Rocks- indoor sensory stepping stones

Bring the glide bikes inside the house

Have a "mom is sick" bin with special activities they don't get to play with often

Enlist older kids to read to the younger children

Drawing or coloring--find art DVDs or YouTube videos for older kids to follow.

Origami

LINKS

<https://psychologybenefits.org/2014/12/10/what-every-parent-should-know-about-timeouts/>

<http://www.incredibleyears.com/wp-content/uploads/Weighing-in-on-Time-Out-Borduin-et-al.pdf>

http://www.naturalchild.org/guest/peter_haiman.html