31. SUBJECT: Are you too busy?

The modern world is a busy place to live and work. I often find myself thinking, *Once I get through this week, month, year—then things will slow down.*

Except—guess what? It never happens! There’s always something new vying for my time and attention.

Here’s today’s *Tip for Modern Parents*:

**It’s easy to become too busy as parents, but it’s possible to create boundaries to keep our busyness in check.**

What does this look like?

Well, it could be saying no to more things. It could mean that whenever you add something new to your schedule, you drop something in order to make room. It could even mean delegating or outsourcing some tasks (tax preparation, household chores, dinner prep).

If we’re to be engaged parents, we must guard against becoming too busy. Take some time this week to evaluate where you are with busyness in your life and what you might need to change.

Onward to better parenting,

ADD NAME