



5 TIPS To Create Me-Time



by Dr. Candace Drummond

www.drcandacedrummond.com/5tipsminicourse

Tip # 1 - Create a Schedule

This may seem like an obvious tip but so many parents miss out on this critical & foundational element.

Tip # 2 - Big Lunches

Ensuring that you child has a big & satisfying lunch is a key part of making the next tip work properly.

Tip # 3 - Daily Naps

These aren't just for your little ones, they apply for you too! Rest & rejuvenate or plan some "me-time" during nap time.

Tip # 4 - Strict Bedtime

A key element that many parents find challenging especially for younger children. Mastering this one tip can turn your life around.

Tip # 5 - Find Your Passion

Finding something you're passionate about can inspire & reinvigorate your life, making you feel "alive" again! Create joy, happiness and have an improved sense of well being in your day- to-day life. Go forth and find your passion!

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