

Why...

* The years between 0-5 of a child's life are foundational in who they will grow to be. In these years they learn all the necessary skills they need to become healthy, competent, confident learners and communicators. The amount of time you invest into these years will come back to reward you later. Every moment of these years is precious and can be a learning & development point for your child & also for you. Make the most of them while they are here, because 5 years goes by in the blink of an eye. It may seem like forever while you are in them but in the big picture these years with your child are fleeting

When...

- * Use the time when your child is asleep to catch up on the housework
- * When your child comes to you & asks for help respond to that request with a yes! If you are in the middle of a task give your child a timeframe but make it no longer than a few minutes, make the situation safe & come back to finish it off. Show your child that they are your top priority
- * Be aware of times of the day when your child seems to need you the most & plan to do the housework at other more settled times, e.g get all the necessary tasks done in the morning when everyone is feeling fresh & leave the afternoon free to just enjoy your child

What...

- * If your child attends an early childhood centre plan to get the house sorted while they are not requiring your attention, put your favourite music on & make the most of it!
- * After you have prepared a meal, sit down and enjoy it with your child or family. Let the dishes & kitchen wait until later to make the most of this time together
- * Prioritise - if you feel your child getting distressed or bored, put their needs above the housework. The housework will always be there, but your can never get back a moment with your child
- * Children can sometimes float from one thing to another at a great pace. Go with your child's interest of the moment, you may discover something fantastic

Let the housework wait if they need you now - give them that time

