



# **Tips on Helping Your Children Manage Time After a Divorce**



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I met a young man today and asked him to give me a topic to write my article. He said he found it difficult managing his time. He had the responsibility to getting his little brother to school on time, so he can get to work on time. I guess you can relate if you have kids and getting to work on time. I asked him how old his brother was thinking he must have been fairly young to find out he was 10.

My eyes opened, and my mouth dropped. My first thought was he was not helping his brother by taking on the responsibility of waking him up and getting him ready for school. At the age of 10 a child needs to prepare for future responsibilities. To help ease the stress and help his little brother it is important to teach his little brother about taking his own responsibility to get ready for school and prepare him for the future for high school and college. We want to set up our kids for success not failure. I also wanted to write this for parents after a divorce. Kids need to continue to learn new skills.

After a divorce being a parent doesn't stop. It's important to start helping your kids become independent and start teaching them new methods and guiding them to become self-sufficient. I put a few things together to help your kids manage their time and help you get more free time for yourself. This will also reduce stress and offer the whole family a new foundation.

**1. Setting a routine** during a school week is important to help them stay organized and help them keep on track of time management. Part of the evening should be some down time and fun. Even though children are in school we all have a bit of stress in the day. It's important to ensure kids have some fun time to destress before going to bed.

After dinner each child should have a set routine:

- a) Completing homework assignments
- b) Getting their lunch ready for the next day
- c) Get their clothes ready for the next day
- d) Pack their nap sack with completed homework
- e) Getting ready for bed

**2. Being organized** is important it helps kids balance more than one task efficiently and effectively. If they are not organized their homework will pile up and they won't meet the deadlines. It will also help them when they start their career. It also eliminates stress.

**3. Using a calendar/white board** having a calendar in their rooms with a white board is very helpful. They can post family, school and fun events and helps them get prepared for upcoming events. They can add post it notes to remind them. Inspirational notes and as a parent can write on the calendar or add some encouragement and love.

**4. Clock in their room** is important so they get use to waking up on their own. This also helps them get ready for the future. It also helps them develop a greater awareness of time.



- 5. Meeting deadlines** – it is also a good idea to show your kids how to meet deadlines. You can always offer a reward of some kind. Spending family time is a great way to reward. Spending quality time as a family helps your kids adapt during a separation and divorce
  
- 6. Set by example** we all know as a parent you are one of the first role models. As much as these are set guidelines to help your child learn time management skill it is just as important for parents to follow similar guidelines.
  
- 7. Being patient** is important because we all know everything takes time and how important it is for kids to learn how to manage.

I always say get your life in order and the right person will come along. If you base your life on your fears, you will never be able to let someone else come into your life.

# MEET YOUR COACH



*Thank you for taking the time to read my article.*

*I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.*

*I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.*

*Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.*

*I'm here to guide you throughout your journey in life and achieve your goals.*

**Join us at one of our local events [www.meetup.com/Friends-Date-Night/](http://www.meetup.com/Friends-Date-Night/)**

## WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous