

Children's / Family Matters
Ages 4–8

My mom is really busy!
Mom can do a thousand things at the same time.
But sometimes, Mom says time flies by too fast.
So Mom finds the time to be just with us!



Maggie and Ethan's mom has a busy schedule filled with packing lunches, carpools, and work emails. When Maggie and Ethan seem to be growing up too quickly, their mom slows time down with a tickle fight, watching the clouds float by, or taking a family walk in the woods.

A **Note to Parents and Caregivers** by Julia Martin Burch, PhD, provides strategies for creating and savoring family time amid a busy schedule.

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RAUCY

MOM'S BUSY DAYS

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Mom's Busy Days

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My mom is really busy!



“Come on, Maggie, hurry up! Here, take your skirt and tights.”

“Ethan, come here, stop clowning around.
Take the trash out later sweetheart
so you can finish your coffee.”





Mom has a lot to do everyday.

“Come on, let’s go. We have to drop Dad off at the train station,
drive Maggie to school, take Ethan to the babysitter,
and I have to buy some bread for dinner!”

Mom can do a thousand things at the same time.

"Yes, hello? No, I'm alright, Francine. Hold on two seconds.

Maggie, put your feet on the floor.

Ethan, play with something else."



"I'll call you back later, Francine . . ."



"Bye honey,
have a good day..."

"Kids, wave
bye-bye to Dad!"





Mom is sometimes late.
“Oh, no! We’re late. Hurry up,
I just heard the bell ring and
Ms. Jennifer is already inside!”

And sometimes Mom must work late, too.

"Honey, can you try putting your puzzle together on your own? I can help you soon."



"I still have some more work to do, little man.
About 20 more minutes.
Hold on a little longer and play with your car.
Mom isn't done yet."