

# Pointers For Parents

## Tips On Managing A Household With Young Children

(NAPSA)—No matter how many children you have, proper organization can help keep the little ones from running you ragged.

Consider these parenting tips from Kate Gosselin, the “Chief Family Officer” of a clan that includes eight children under the age of 7:

**1. Organize your life.** Make lists and stick to schedules. Keep a constant running list of “to do’s” and then cross things off as they are completed. From meals for the week to which bills have to be paid, lists will keep you and your family organized.

**2. Shop on a budget.** Look for sales. Healthy, home-cooked, delicious (even organic) meals are possible, even with a large family. Watch newspapers and mailings and take advantage of store promotions, coupons and rain checks. Keep a constant running list of things that are on sale and what you need from week to week.

**3. Prepare for outings, big or small.** Plan ahead. If outings are well thought-out in advance, it will allow for a better time for all. Always take plenty of drinks, snacks, clothing and supplies.

**4. Reward yourself and your children.** Always remember to count your blessings. Take a moment to relish in all that is positive in your life, and it will give you that boost that you need. And don’t forget to reward your children for their helpfulness and kindness—if only with your words.

**5. Listen to your children.** Remember to read between the lines and really hear what your children are saying to you, even if they are not verbalizing it clearly.

**6. Discipline.** When disciplining, remember to explain what they



**When you have children, it’s important to stay organized and savor the joys of parenthood.**

did wrong, make sure they understand why it was wrong and talk about ways to do better next time.

**7. Teach your children safety.** Talk about what is and isn’t safe. Remind them to come to you if they hear something that they don’t understand or think is “bad” or don’t know what it means. You want to position yourself as their resource person to keep conversation lines open. This needs to start at a very young age.

**8. Spend time together as a family.** It’s important to involve both the parents and the kids in daily family chores, as well as the fun times. This helps to provide family unity and a sense of belonging. It also teaches kids to develop a strong work ethic.

*Gosselin and her family—which includes 6-year-old twins and 3-year-old sextuplets—are featured in the Discovery Health series “Jon & Kate Plus 8.” The series airs Tuesdays at 10 p.m. For a complete schedule and additional information, visit [www.discoveryhealth.com](http://www.discoveryhealth.com).*