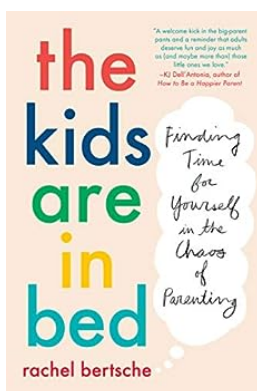


The Kids Are In Bed: How Parents Can Finally Find Time for Themselves

Being a parent is a 24/7 job. From the moment your bundle of joy arrives, it feels like you're constantly on the go, tending to their needs and making sure they're well taken care of. The never-ending cycle of feeding, changing diapers, and lulling them to sleep can be exhausting, leaving parents with little time for themselves. However, once the kids are in bed, parents finally have a chance to reclaim their own time and engage in activities that bring joy to their own lives.

The phrase "the kids are in bed" has become a mantra for parents all around the world. It signifies that precious period in the evening when parents can relax, unwind, and do something just for themselves. Whether it's reading a book, catching up on a favorite TV show, pursuing a hobby, or simply enjoying some quiet time with a cup of tea, this part of the day is sacred for parents who often put their own needs on hold to prioritize their children.

So how can parents make the most of this time? How can they ensure that it's not just a few stolen moments to relax, but a true opportunity to nurture their own passions and interests? Let's explore some strategies and ideas to help parents maximize the time they have once the kids are in bed.



The Kids Are in Bed: Finding Time for Yourself in the Chaos of Parenting by Rachel Bertsche (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1042 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled

Word Wise : Enabled
Print length : 317 pages



1. Prioritize Self-Care

It's easy for parents to put themselves last on the list of priorities, but it's important to remember that self-care is not selfish. Taking care of your own needs is crucial for your mental and emotional well-being, which ultimately benefits both you and your children. Use this time to engage in activities that help you recharge and bring you joy. Whether it's taking a relaxing bath, practicing yoga, or indulging in a favorite hobby, find what makes you feel good and make it a priority during this time.

2. Connect with Your Partner

Parenting can sometimes cause couples to drift apart as the focus shifts to the needs of the children. Use this time to reconnect with your partner and nurture your relationship. Enjoy a quiet dinner together, have a meaningful conversation, or simply snuggle up on the couch and watch a movie. Making time for each other not only strengthens your bond but also sets a positive example for your children about the importance of nurturing relationships.

3. Pursue Personal Goals

Once the kids are in bed, take advantage of the uninterrupted time to pursue personal goals and aspirations. Have you always wanted to write a book, learn a new language, or start a side business? Use this time to work towards those dreams. Break your goals into smaller, manageable tasks and make consistent progress each day. Seeing yourself move closer to achieving your dreams will not

only bring you satisfaction but also inspire your children to chase their own passions.

4. Foster a Hobby or Interest

Whether it's painting, photography, gardening, or playing a musical instrument, having a hobby or interest outside of parenting is essential for maintaining a sense of identity. Once the kids are in bed, dedicate some time to nurture your passion. Engaging in activities that bring you joy and fulfillment will not only recharge your energy but also serve as a reminder that you are more than just a parent.

5. Connect with Friends

Parenting can sometimes be isolating, as the demands of children often take priority over socializing. Use this time to reach out to friends, either through phone calls, video chats, or informal gatherings. Connecting with friends not only provides emotional support but also offers an opportunity to have conversations that don't revolve around parenting. Maintaining meaningful connections with others is vital for our mental well-being, and it's important to carve out time for socializing once the kids are in bed.

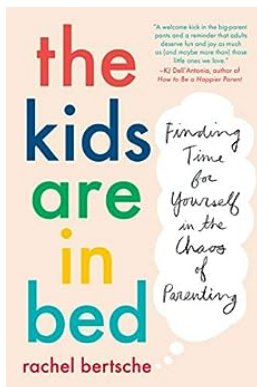
6. Practice Mindfulness or Meditation

Parenting can be overwhelming, and it's easy to get caught up in the constant stream of responsibilities and worries. Once the kids are in bed, take a few moments to practice mindfulness or meditation. Find a quiet space, close your eyes, and focus on your breath. Allow yourself to let go of the day's stress and be fully present in the moment. Investing even a few minutes in these practices can have a profound impact on your overall well-being.

7. Enjoy a Good Book or Movie

If you're an avid reader or movie lover, the time once the kids are in bed can become your personal retreat. Dive into that novel you've been meaning to read or watch a movie that transports you to another world. Immerse yourself in the storyline and let yourself be carried away by the magic of storytelling. These moments of escapism can be refreshing and revitalizing, allowing you to recharge for the challenges that lie ahead.

The time after the kids are in bed is a valuable opportunity for parents to take care of themselves, reconnect with their partners, pursue personal goals, and indulge in activities that bring them joy and fulfillment. By prioritizing self-care, nurturing relationships, pursuing personal aspirations, connecting with friends, practicing mindfulness, and immersing in entertainment, parents can find a balance that allows them to be present for their children while also nurturing their own well-being. Remember, you deserve this time to recharge and indulge in the things that make you happy. Embrace it, cherish it, and make the most of it!



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"All new moms should shove a copy of *The Kids Are in Bed* in the diaper bag between the asswipes and Aquaphor! A perfect guide on how-to not morph solely into someone's mom and retain your badassery in a world of Disneyfication and baby sharks."

—Jill Kargman, author of *Sprinkle Glitter on My Grave* and creator of *Odd Mom Out*

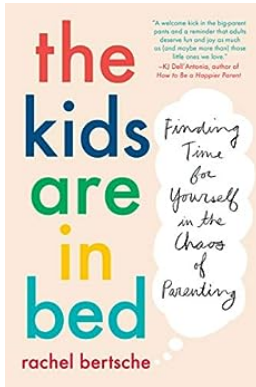
Picture it—it's 8:30 p.m. You close the door to your child's room just as you hear your partner closing the dishwasher, and now it's time for an hour or two of glorious freedom. What do you do? Read the book you've been waiting to crack open all day? Chat on the phone with a friend, glass of wine in hand, or go out with pals and share a whole bottle? Or, like many modern parents, do you get caught up in chores, busywork, and social media black holes?

In an original survey conducted for this book, 71 percent of parents said their free time didn't feel free at all, because they were still thinking about all the things they should be doing for their kids, their jobs, and their households. Rachel Bertsche found herself in exactly that bind. After dozens of interviews with scientists and parenting experts, input from moms and dads across the country, and her own experiments with her personal time, Rachel figured out how to transform her patterns and reconnect to her pre-kids life. In *The Kids Are in Bed*, other parents can learn to do the same, and learn to truly enjoy the time after lights-out.



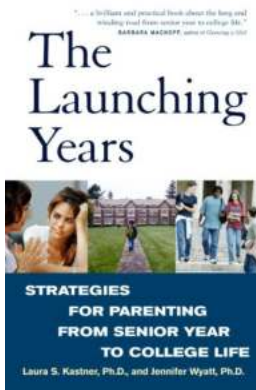
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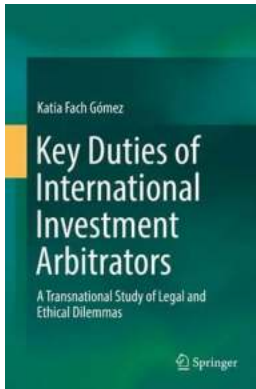
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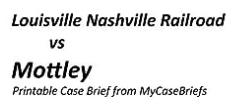
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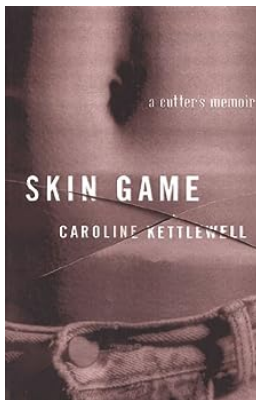
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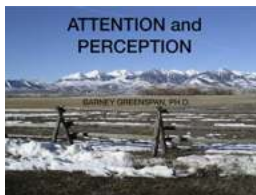
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