



The 5-minute Mum: Time Management for Busy Parents

Clare Shaw

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Time management techniques enable busy parents to work, run a home, enjoy their children and still have time to relax. This book show parents how to make every five minutes count. It considers all the work and child-care options currently available, and the home versus work conflict, advising on eliminating the guilt many working parents feel. Ideas are given for games, activities and simple relaxation to make the most of the time available. Parenting issues are covered such as spoiling, attending school functions, involving partners in child-care, and what to do when you/your child is ill. This text has been entered for MIND's "Book of the Year" Award for 1995.

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