

# Ready for Mama-Coaching?

**I**f you can relate to this story, then just maybe you are!

In the morning, after a good night's sleep, you wake up and think that everything will be different today. Your goal is to spend individual time with each child – 20 minutes at minimum.

After breakfast, you clean the kitchen and your spirit is full of sunshine. Perfect timing! The little one is playing with a doll while the bigger brother is circling with the Bobby-Car.

You are well organized and want to have a short look at your e-mail. The server is down, so instead of your planned ten minutes you need nine minutes to fix the technical problem. Before you check your e-mail you need a small treat. You go to Facebook and suddenly 20 minutes are gone.

## Back to work

You are reading the e-mail from your landlord on the maintenance issue of your flat when you are interrupted because the diaper of your little one is leaking. You go to change the diaper and the wet tissues are stuck. You then realise that the last diaper is gone and the extra stock is in the cupboard across the room. No problem, you can fix this, too.

You set the little one to play and go back to your e-mail. You start drafting a short answer to the landlord when the telephone rings. It's your friend with whom you wanted to speak last week. You are excited and only realise after you hang up that the big one has helped you water the plants and is now bored. He wants you to read to him. You have not written your e-mail. No problem, you will do the e-mail during nap-time. Beep, beep, beep. The laundry should be taken out and hung up. This can be done later. It is just a machine.

## Rushing

You feed the little one slightly late while telling a story to the elder one. You put the little one to bed too late and clearly know that this means the afternoon baby song group will be a challenge. But at least the elder one is working with play dough quietly.

You want to start cooking, realising that you forgot to buy the cheese yesterday. So there will be no cheese. No problem. Before serving dinner, you first have to clean the play dough

mess from the table. The quiet time of the elder one also shrinks to 30 minutes.

In 30 minutes you clean the kitchen, draft half of the e-mail to the landlord and try to get dressed on time. But, of course, the T-shirt you wanted to wear has a stain and you cannot find the matching bra for the other T-shirt. So now you are ten minutes late and you leave, rushing the children.

## Drained

Coming home after a good afternoon, you realise as you clean up the room of the elder one that he has again taken some sweets and eaten in his bed. Now you have to have a serious talk with him and change the bed sheets while the little one is tired and crying. Dinner is fixed late (still no cheese) and there are lots of tears.

In the evening, after cleaning the house, you just feel worn out. You have no further energy to finish the e-mail or to do the laundry or to even to talk to your partner.

## Is this familiar to you?

Then treat yourself to mama-coaching. You will organise and simplify your days and have more time for yourself. You will be inspired to dress smartly and get new inspiration for your make-up. You get guidance to keep your marriage fit.

## Are you interested?

If yes, visit us!

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