

Time Saving Tips

Quick Tips For Time-Pressed Moms

(NAPSA)—While you can't find more hours in the day, you can get more out of the day's hours. That's the word from Tracy Lyn Moland, author of "Mom Management: Managing Mom Before Everybody Else." Moland, who is a mother herself, is an expert at advising moms on ways to run their homes more efficiently, while still finding time to take good care of themselves.

So what does Moland consider to be the secret to successful time management? She sums it up in one word: shortcuts. "Moms have so much going on in their lives that they must remain flexible and look for timesaving solutions wherever they can," she says. Moland offers these tips:

- **Take Care Of Yourself**—It is essential that Mom take care of herself. Moland says enthused and energized mothers have more to give their families and that the happier Mom is, the smoother the home will run.

- **Establish Routine**—Moland says routines are a wonderful way for a family to avoid stress. She adds that there are certain times of the day that run much better when they are based on routine. The crucial times are morning, after school and dinnertime.

- **Eliminate Clutter**—"Clutter on the outside leads to clutter on the inside," says Moland. She says it's important for families to find ways to cut clutter in their homes.



There are a number of ways moms can save time during the day.

- **Delegate**—According to Moland, delegation is an easy way to teach children life skills—and free up some time for yourself. She says using products such as Johnsonville Heat & Serve Bratwurst or Italian Sausage is an ideal way for teens to learn to cook. The frozen brats and sausages are pre-cooked, grilled and ready to serve after one minute in the microwave. They can be easy to prepare and help create a great meal. Try letting your teens help with this recipe:

Quick Pasta and Sauce

1 16-oz. package of uncooked/pre-cooked spaghetti, or your favorite pasta

1 26-oz. jar of spaghetti sauce, any variety
5-6 links of Johnsonville Heat & Serve Italian Sausage, whole or sliced

Cook pasta using directions on package. Place sausage in saucepan with sauce and heat on stove, stirring occasionally. Serve sauce atop pasta. For additional flavor, sprinkle Parmesan cheese over the top, or add other favorite toppings.

- **Take It Easy**—Avoid hyper-tasking. Doing too much at once can actually hurt your productivity. Slow the pace and focus on what is going on—whether it's a chore, work or family time.

- **Family Plan**—Set family goals so children learn that working together helps people achieve rewards.

- **Choose Wisely**—Sometimes having too many choices can be a bad thing. When you have to make a decision—about what products to buy or even what movie to see—limiting your choices to three options can make choosing easier.

- **Enjoy Yourself**—Moland reminds all moms to remember the best part about being a mother is family. "Nothing is as important as your time together," she says.

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