

WELCOME TO

**THE MOST EPIC CHILDCARE
WEBINAR EVER**

TONIGHT WE WILL TACKLE:

- ▶ How to ask for help even when you think if you had these kids you should be able to do this on your own
- ▶ How to finally find childcare even if you have no family, no money, or feel like you trust no one to watch your children
- ▶ The productivity hacks that have helped me the most in my transition to life with 80% less paid childcare



YOU ARE IN THE RIGHT PLACE:

- ▶ YOU DON'T TRUST ANYONE TO WATCH YOUR KIDS
- ▶ YOU DON'T KNOW WHERE TO START WHEN IT COMES TO FINDING CHILDCARE
- ▶ YOU FIND IT HARD TO GIVE UP CONTROL
- ▶ YOU ARE DESPERATE FOR MORE TIME FOR YOURSELF
- ▶ YOU ARE UNABLE TO RELY ON YOUR SPOUSE FOR CHILDCARE FOR WHATEVER REASON



TELL ME SOMETHING

WHAT IS YOUR BIGGEST
STRUGGLE WHEN IT
COMES TO FINDING,
KEEPING AND / OR
UTILIZING CHILDCARE?

**THE GOAL OF TONIGHT'S WEBINAR IS
TO GET YOU UNSTUCK– AND GET YOU
MOVING FORWARD**

WHY I THINK THIS CONVERSATION IS ESSENTIAL:

- ▶ MOMS NEED BREAKS. RELIABLE ONES.
- ▶ SOMETIMES YOU CANNOT RELY ON YOUR SPOUSE FOR WHATEVER REASON, AND THAT IS OK
- ▶ SOMETIMES FAMILY IS NOT THE BEST OPTION, AND I DO NOT THINK SHOULD BE THE ONLY OPTION FOR CHILDCARE

AREAS I THINK WE NEED TO CHALLENGE IN OURSELVES TO BEGIN THIS CONVERSATION:

- ▶ CONTROL
- ▶ COST
- ▶ GUILT

CONTROL

CONTROL OVER:

- ▶ How things are done in your home
- ▶ How your child is disciplined
- ▶ Letting someone in to see you might not have it all together / your child might not be “perfect”
- ▶ Other kids around your child

COST

COST REGARDING:

- ▶ Hourly rate- and what you get for various rates
- ▶ Having to explain things to people- time spent there
- ▶ Will my child be ok????

GUILT

GUILT REGARDING:

- ▶ If I had these kids, I must be able to take care of them myself
- ▶ No one else can parent like I can
- ▶ Leaving them alone- will be the worst thing ever for them
- ▶ I only should invest in childcare that will allow me to make money- not for my self care

**WHICH OF THE THREE IS YOUR
BIGGEST PAIN POINT?
CONTROL, COST, OR GUILT?**

CONTROL

**HOW MIGHT YOU NEED TO
RELENT OF YOUR PREFERENCES?**

COST

**DO YOU KNOW HOW MUCH YOU CAN
ACTUALLY AFFORD? OR ARE YOU JUST
GUESSING?**

GUILT

**TAKING CARE OF YOU IS TAKING CARE OF
THE MOST IMPORTANT PERSON IN YOUR
CHILD'S LIFE**

ONE SMALL CAVEAT ABOUT GUILT...

HOW TO FIND CHILDCARE

**EVEN IF YOU HAVE NO FAMILY, NO MONEY, OR
FEEL LIKE YOU TRUST NO ONE TO WATCH
YOUR CHILDREN**

NO FAMILY:

- ▶ Remember what I said earlier- family is not always the best option, even if they are around and willing
- ▶ Look to professional agencies
- ▶ Look on online job boards
- ▶ Look on FB group- even my tiny small town has several FB groups for childcare
- ▶ Word of mouth
- ▶ Other moms in the neighbourhood who do this for extra cash
- ▶ Traditional daycares

NO MONEY:

- ▶ Do you really have no money?
- ▶ Will the investment of money in childcare allow you to make more money?
- ▶ Use the gym daycare?
- ▶ Swap with another mom FOR NO MONEY

FEEL LIKE YOU TRUST NO ONE:

- ▶ Be home while they watch your child and use that time to literally just watch TV, work in your room etc.
- ▶ Use childcare to take other tasks off your plate. Laundry, cleaning, build furniture (lol)
- ▶ Ultimately, this is a choice. But what is the cost of this choice?

PRODUCTIVITY HACKS

**THAT HAVE HELPED ME THE MOST IN MY
TRANSITION TO LIFE WITH 80% LESS PAID
CHILDCARE**

WORK:

- ▶ RUTHLESS understanding of what is most essential to do that will 1) make me money and 2) truly only I can do and ONLY DO THAT when I have childcare (for me that is coaching calls)
- ▶ What can be done while children are around? Social media uploading, some email correspondence ***BIG CAVEAT HERE THOUGH***
- ▶ How can I involve my kids in my work?
- ▶ How can I use my car- audio books while I created this slide deck
- ▶ If there is a short window of time that becomes available- I TAKE IT
- ▶ I am deeply deeply connected to my transcendent cause- I remind myself of it DAILY

HOUSEHOLD STUFF:

- ▶ Laundry day per bedroom- so wash, dry, and put away all in same 1-2 days so there is no sorting
- ▶ Kids are in charge of dishwasher and we don't move on to other activities until this task is done
- ▶ I have had to instil in my kids that it is a duty and honour to take care of our home
- ▶ Even the smallest of kids can wipe counters down
- ▶ I have also had to lower my expectations and be ok with imperfect mess- THE CLEANLINESS OF MY HOME IS NOT A REFLECTION OF MY SELF WORTH

PERSONAL GROOMING:

- ▶ Makeup is exactly the same every day, kept in the same place, takes 5 minutes.
- ▶ Hair gets washed the night before, and then I have found this amazing product that straightens and curls all my thick hair in ten minutes.
- ▶ I don't think when I get dressed. Full on capsule wardrobe for the every day. I only think about what I wear for mass, date night, or special occasions

GENERAL ORGANIZATION:

- ▶ Keys to the car are kept on a hook IN THE EXACT SAME SPOT and it has a TILE on it when it does get misplaced
- ▶ Homeschool papers per child are put in the exact same spot every day
- ▶ Kids have a morning routine that involves making their beds, brushing teeth, general tidy, changing clothes etc.
- ▶ Older kids dress younger kids
- ▶ We have become fairly habitual in our schedule and this really works for productivity in my family- IT IS WHY I AM OBSESSED WITH CALENDAR PLANNING