

Parents Ask Column Q & A

Question:

"I am a working mother and, despite my heartfelt New Year's resolutions, I can't ever seem to get things done around the house. I cannot afford a housekeeper and my husband can't boil water, but I am more tired than when I was pregnant! Is this common for working women and do you have any suggestions for managing my time more efficiently?"

Answer:

To avoid feeling overwhelmed it is essential to stay focused in the present moment. Focus on whatever task is at hand with single-minded attention, therefore creating a meditation. Simple everyday tasks become an avenue for creating quiet space in your mind. This means if you are folding laundry- then fold the laundry, acknowledging wandering thoughts and bringing your attention back to the task at hand. When washing the dishes, wash with attention, and focus on the soap and water cleaning the dish. Tasks through out the day which may have seemed "time wasters," now done with a single, calm focus, become a meditation incorporated into daily routine. Being aware of the present moment is a simple zen practice which can be very comforting. This practice creates focus, clarity and energy. Tasks done in this way are more efficient and you feel energized instead of overwhelmed.

Question:

"My 5-year-old son seems to get very tired or hyper after eating certain foods, but my doctor assures me that, unless he gets hives, there is no food allergy. I have read a lot of material that suggests otherwise, however. What is the truth about kids' allergies to foods? Is it possible that my son has a food allergy?"

Answer:

If you are observing your child with these behaviors after eating certain food, then yes, he is definitely better off not eating them. You are right on track to notice how he is reacting in relationship to his food. Allergy testing is quite variable as it's really like a snapshot of your allergic response on that given day. The bottom line is, he is better off without the foods that cause these behaviors. In time as he grows stronger and matures he may outgrow these sensitivities.

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