Part: III Time Management

November 19, 2015
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Lactation Accommodation Rooms

Alisha French, Human Resources
Lactation Accommodation Program

- Two Lactation Rooms
  - Sproul Hall 2113
  - Pierce Hall 2214B
Lactation Accommodation Program

Pierce Hall 2214B
Lactation Accommodation Program

Sproul Hall 2113
A Piece of Advice

“Just because you are a new mommy, it doesn’t mean you have to lose all other parts of your pre-baby identity. I am still Erica and all that came with me before, but now I have a new title of ‘Mother’ that I get to add onto the layers of my identity that I am proud of.”

~Erica Aros (first-time mother)
College of Natural & Agricultural Sciences
Undergraduate Academic Advising Center
Get Organized

- Make a Daily To-Do List (check off tasks as you complete them)
- Decide what is absolutely necessary to do NOW
- Plan and Prepare
- Stay Flexible
Eliminate Time Wasters

- Worrying about things you can’t control
- Looking for things you have misplaced (keys, papers)
- TV, phone calls and email
Time Saving Kitchen Tricks

- Pre-Portioned Meals (with recipes)
  - www.plated.com
  - www.blueapron.com
  - www.hellofresh.com
- Prep cook during the weekend
- Invest in a healthy 30-minutes or less cookbook
- The crockpot is your new best friend
- Cook items that don’t demand a lot of prep and cook time such as salads, chicken, and fish
Laundry Tip

- Put a load of laundry in first thing in the morning, before going off to work.
- When you get off, put the wet wash in the dryer (option: put in a new load in the washer).
Ask for Help

- **Use Your Support System**

“Sit down with your spouse/partner or supportive family member and discuss ways that you can help each other not feel overwhelmed. For example, I get one day a week to go out to dinner with girlfriends while my husband watches the baby. My husband also gets one night a week to play online video games with his friends while I play with and take care of the baby. It makes us feel somewhat normal still. Although our social lives will never be the same, we still have the opportunity to maintain our friendships and not fall off the face of the earth.”

~Erica Aros (first-time mother)
College of Natural & Agricultural Sciences
Undergraduate Academic Advising Center
Establishing Routines

- **Morning Routine**
  - Getting ready (shower, dressed)
  - Making breakfast
  - Drop-off daycare or school

- **Evening Routine**
  - Pick-up daycare or school
  - Making Dinner
  - Bedtime
    > **Tip:** Put baby to bed at the same time each night (for us, it is 8:30pm). My husband and I still have a couple of hours to spend quality time together catching up on TV shows or separately taking care of household tasks (cleaning, paying bills, etc). ~*Erica Aros*

- **Household Routine**
  - Household Chores & Division of Labor
Time Management Tips

- Practice saying “NO”
- Put people first
- Don’t forget to eat
- Make sure you get enough rest