

A close-up photograph of a woman with long dark hair and a young girl with braided hair. They are both looking down at a book or paper. The woman is wearing a yellow sweater, and the girl is wearing a black and white striped shirt. The background is softly blurred, suggesting an indoor setting. The entire image is framed by a white border.

HARMONIZING HEARTS IN CHRIST PRESENTS

STAYING SANE WHILE STAYING HOME

The Stay-At-Home Mom's Survival Guide For
The Newly Transitioned Housewife

Reina Jackson

Staying Sane While Staying Home: The Stay-At-
Home Mom's Survival Guide For The Newly
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DEDICATED

Jesus, the Author & Finisher of my faith. I love
you


To My Husband: Thank you for your love,
protection, encouragement and counsel. I love
you to life and I will respect you always!

To My Children: I will love you forever. You
owe me for these gray hairs.

To My Mother, Grandmother and Sister: I am
blessed to have been loved and raised by you.
You are the embodiment of educated, strong
and blessed women.

Let's Get Fine-Tuned!

WELCOME



I have six children yet, I still feel super unqualified to write this ebook. Crazy, right? I worked full-time and was in school full-time with my oldest three and, as a result, I had to depend heavily upon daycare centers and family members in their formative years. Oh, I was also a single mother too, so I didn't have the support of a husband to allow me the privilege to be a stay-at-home mom. Oh yeah, I also wasn't a practicing Christian either.

Now, with my youngest three, I am married and I just recently transitioned to a full-time stay-at-home mother. And in the four months since I've transitioned, I have learned so much that I can unequivocally state, I wasn't ready! I was NOT ready for what being a full-time stay-at-home mom entailed. There is so much, it's mind-blowing!

God called me to write this book for several reasons. First, to help instruct and guide my fellow Sisters as we walk this calling out. Second, to let you know that you're not alone. There are hundreds of thousands of women who are walking this calling out with you, Sis!

Let's Get Fine-Tuned!



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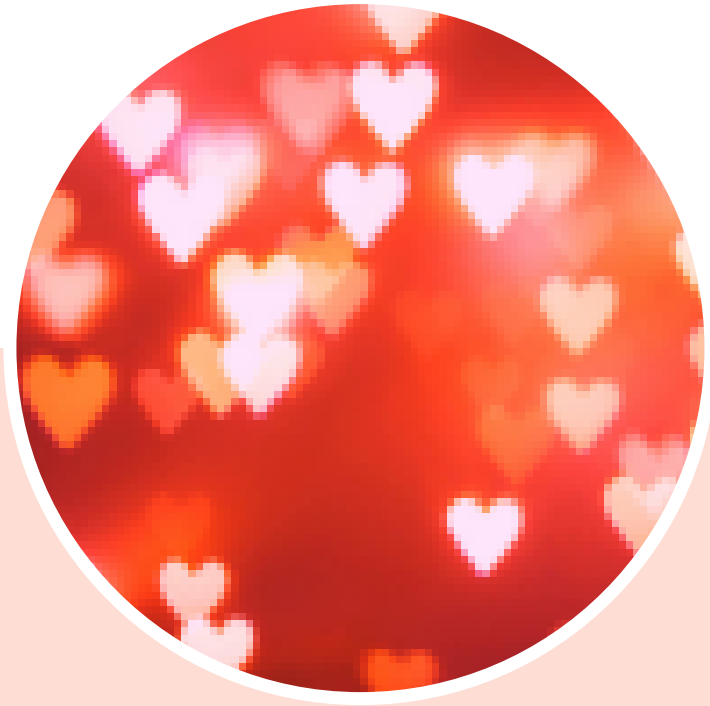
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ABOUT

Harmonizing Hearts In Christ is a Prophetic and Teaching Ministry dedicated to fine tuning our hearts to the rhythm of God.

We equip and train the Bride of Christ, His ekklesia, to operate in the fullness of its governmental authority in the earth.

Praying, Prophesying and Teaching the Word of God is what we love to do!

On our YouTube Channel is where you'll find our Teachings, Prayers and Prophesies. Be sure to Like and Subscribe.

On our Blog is where you'll get to see us live out the Word of God in our every day life.

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FINE-TUNE TIP #1 PRAYER



“Never stop praying” - 1Thessalonians 5:17 (NLV)!

Intensify Your Prayer Life:

I'm a woman of prayer anyway, but Sis, let me tell you; my prayer life has intensified now that I'm home full-time!

I didn't realize how many times I called upon the names of God throughout my day until one day I heard Empress repeat my go to prayer; "Lord Jesus, help me"! I promise you, just in implementing this one strategy your entire stay-at-home mom ministry will be blessed.

I will encourage you to wake up BEFORE your children and pray. Jesus instructed His disciples to do the same. "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest" - Mark 6:31-32 (NIV).

How you pray and where you pray is personal but what matters most is that you pray and that you are intentional about your prayer time. If it helps, you can schedule it as a meeting on your phone, even creating alarms reminiscent of the alarms and reminders you were used to in your corporate days. Also, bring a notebook because, just as with any meeting, you will want to take notes of the things discussed during your meeting with God!

PS, we included a free Prayer Journal Printable to chronicle what you and Father discuss during your Prayer Time!

Praying before your children wake up allows you to set the atmosphere in your home. I walk through my home and open the windows as I'm praying just so the fresh wind of God can flow through and push out all of the stale and stagnant air.

We all know that children are sponges, they absorb everything! They absorb and respond to the atmosphere so it is critical that we create an atmosphere of love, peace, CALM (this is a big one for me!) and joy so that Holy Ghost can move and flow and function in our homes.

I personally love to incorporate music into my morning prayer time. YouTube has a TON of anointed praise and worship music and instrumentals. I put the YouTube on the tv, set the volume to the appropriate level for the atmosphere I'm establishing in my home, and I get my prayer on!

This has helped me tremendously! It has increased my patience and kept me focused on, and committed to, my assignment of training up these children! When I miss my morning prayer, chaos is sure to break loose in my home. So, I do my best to not miss a morning. Even if I don't wake up before my children, I get them settled with breakfast and cartoons, and I step away to pray.

FINE-TUNE TIP # 2 GET DRESSED



“And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes” - 1Timothy 2:9 (NLT).

Dress For The Job You Have:

Take a shower, get dressed, do your hair, and beautify yourself...in the morning...preferably BEFORE the children wake up.

If your children are anything like mine, they go non-stop from the time they wake up in the morning until the time they go to sleep at night. As a matter of fact, mine even talk in their sleep which goes to show you how much energy they have! In the beginning of my transition, I would try to take showers and get dressed later in the morning but, one night, at like 7pm, I realized that I hadn't even brushed my teeth for that day! I was like, oh but no! Something has to change expeditiously!

Please don't be misled; being a stay-at-home mother is a full-time job and, as with any other job, being prepared before the day begins guarantees success and prosperity. It is great that we don't necessarily have a dress-code; but, we still have to adhere to our hygiene standards and dress for the job we have.

Ok so, here's the truth. Don't laugh. I Googled this actually. (I hear you laughing, by the way). But I totally had to Google this because I truly didn't know what does one wear as a full-time stay at home mother.

When the search results came back, I was so relieved to know that I am not the only one who turned to Google regarding this! There are a lot of websites, articles and lookbooks dedicated to what a stay-at-home mother should wear!

Since I have three children under the age of 4, my wardrobe consists of A LOT of active wear and maxi dresses. Dress for the job you have! As a stay-at-home mom, we have so many styling options! We can do Athleisure, Casual or Casual Chic. The goal is to be comfortable, modest and cute!

Simply because we are stay-at-home moms now doesn't give us license to look frumpy and unkempt. Honestly, this was my problem in the first few weeks of staying home and I got tired of looking raggedy, and feeling raggedy too. So take your time to get dressed. Not only will you feel better, but your productivity will increase exponentially as well!

FINE-TUNE TIP #3 SCHEDULE



"Teach us to number our days, that we may gain a heart of wisdom"
- Psalm 90:12 NIV

The Schedule Is Essential:

I have my spiritual mother to thank for this one. (Thank You Prophet Soretta)!

Ladies, you MUST create a schedule and do your best to stick to it!

It's great that we are still detoxing from the workplace mindset because, a lot of what we did at our corporate jobs, can be so useful once applied to our new jobs!

Scheduling is one of these tools that we don't want to leave behind in Egypt.

Since learning this technique, I schedule every thang. Yes, I surely did say every thang. Housework, schoolwork, outside play, ministry and business; if it has to get done, it's going on the schedule!

Work smarter, not harder and get you a schedule, Lady!

There are some high heights scheduling can take you so you should be honest and realistic on how structured you want your life, and your children's lives, to be.

For me, I love structure but I also don't want myself, nor my children, to be chained to the time. In my personal opinion, it's not as important that things be done by a certain time rather, I prefer that the things just get done.

Here are some tools that I use to schedule my day and save my sanity.

Schedule Ideas

Track The Time

Eat The Frog

Delegate

Your Energy Level

Track The Time

I literally set a timer before I begin a task or chore and once the timer ends, I end. I use this for almost everything activity that I do; domestic work and ministry work.

Do this and you will instantly stop robbing yourself of time by eliminating the “wow, I just got so caught up in this one thing that I neglected the 10 other things I was supposed to do”.

Furthermore, you won't rob your children of their fullness of time to enjoy and complete their activities.

Set the timer on your phone and, handle your business!



Eat The Frog

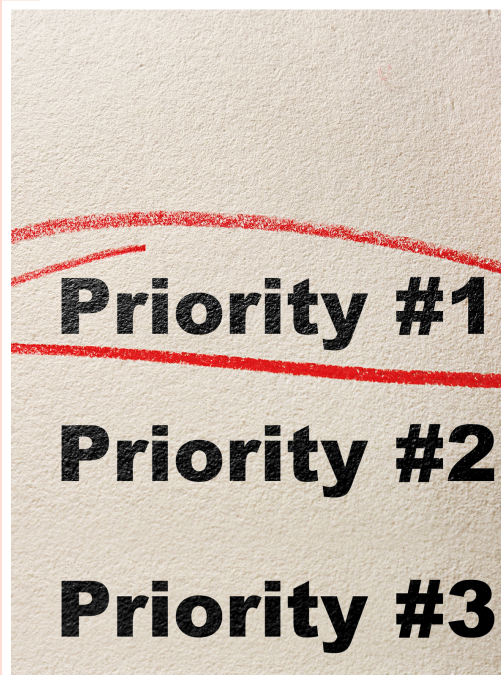
Sounds gross, right? Well, it's supposed to.

This is a MUST if you struggle with procrastination.

The frog is the ONE thing that you HAVE to do today but that you don't necessarily want to do.

The reasons for why you may not want to do it can be numerous; it could be that it's too consuming, it's too detailed, it's too gross.

The Frog in your day is that task that is the most important to complete but the least palatable. An example of my FROG is washing the dishes. I hate doing the dishes but because I can't function at my maximum capacity unless they are done, I make this chore a priority above all others.





Delegate

God calls us the managers of our homes! Every successful manager knows how to Delegate and so must we. Chores and Errands can be delegated and outsourced internally (to members of our families) and externally (to outside vendors such as maids, for example).

And, here's a tip: don't be afraid to hire a babysitter for a few hours a week so that you can get some peace and quiet and complete your projects!



Your Energy Level

The biggest temptation for me to avoid is right in my bedroom.

There is NOTHING like being so unbelievably tired and seeing your bed all cozy and inviting yet you are NOT able to climb into it and go to sleep. Contrary to my pre-SAHM beliefs, you can't just take a nap because you're home. Instead, I have learned to work around my energy levels and I'm excited to share this Fine-Tune Tip with you! It's ok to be tired and it's even more ok to listen to your body when it tells you it's tired. Just remember, we were mandated two 10 minute breaks and an hour for lunch while we were in the working world. Learn to match your activities to your energy. Tired? Do light activities such as sitting the kids down for quiet time/tv time and do a load of laundry. Pumped up? That's the perfect time to cook, clean, teach and work on your business.



FINE-TUNE TIP #4 KNOW YOUR KIDS



"See, children are a gift from the Lord. The children born to us are our special reward" - Psalm 127:3 NLV

God did not call us to live vicariously through our children:

So, this is a hard one.

As parents, we have images of who we want our children to be. We have dreams for their lives and we often do those things to ensure that our dreams for their lives will come to fruition.

Stop that. We've lived our lives, we are still living our lives.

God did not call us back to our homes so that we can live vicariously through our children. Instead, we have the amazing responsibility to train up our children in the way in which they should go. Not the way we think they should go, but the way that God says they should go.

That said, we must know our children. Empress is an attorney and a prophet along with some other things. I often find myself roped up in negotiations with her all day.

Noah, on the other hand, is all boy. He likes to play fight, jump off furniture, crash his scooter into walls, yell (for no reason), hug and laugh. As you can see, I am raising children with personalities distinct from each other.

Not only must we parent according to their nature, we also must parent according to their ages. There are different metrics and expectations as our children age. Therefore, being aware of the emotional, social, physical, mental milestones children are experiencing (and expected to experience) at each age is a must. If you are unsure of the benchmarks your child should be exhibiting at their age, contact your pediatrician to discuss.



The point is, knowing your children is critical:

I would strongly suggest that you don't compare your child to your friend's child who is the same age. I will also encourage you to forgo comparing your children to each other. All of us are fearfully and wonderfully and **UNIQUELY** made. The point is, knowing your children is critical.

Mothering isn't a one-size fit all. It is unique and customized for each individual child to ensure that the child thrives and becomes a successful, well equipped, adult.

Yes, I know this makes our job even more difficult.

However, I prefer that I suffer a little bit of pain (and insanity) now, as opposed to my children having a lifetime of mental, emotional and spiritual pain (and insanity) later.

If you don't know who God has created your children to be, that's ok. But now is the time for you to start inquiring of the Lord.

Are you unsure of how to pray to discover their destinies? We've got you covered!

SUBSCRIBE TO OUR MAILING LIST and you'll be among the FIRST to receive our soon-to-be released e-book, "Fine Tuning The Song In Your Child's Heart".



FINE-TUNE TIP #5
KNOW YOURSELF



"I am sure that God Who began the good work in you will keep on working in you until the day Jesus Christ comes again" -
Philippians 1:6 NLV

Don't Forget About You:

This is where we get personal.

Raising children and managing a home full-time is a magnificent job! If it came with pay, we'd be pulling in \$200,000.00 per year EASY! Yet, that shouldn't be all that we are nor all that we do. Even the Proverbs 31 woman can testify that I'm telling the truth here!

Get you some business, and mind it.


For me, ministry is my business. Well technically, it's my Father's business, but since my Father and I are one, that makes it mine too.

You may not be called to ministry, and that's ok. But you are called to something else in addition to raising your children and managing your home. I want to encourage you to find your passion and work it into your business.

This is the season to invest; in the markets and in ourselves! Now is the season to take classes and with almost everything going remote, we also have an incredible opportunity to attend networking events via Zoom from the comfort of our homes. The economy may be closed but time continues to run. Don't get left behind!

I say this next part to you in love; you do not want to lose yourself in this job. Prayerfully, we will be unemployed one day as our children leave our home and start families of their own. We need to be prepared for that day.





God used COVID-19 to bring mother's back to their homes. He is bringing a restoration back to the family structure with the desire that we will function as a family yet again.

As with anything you do, you have to stick with these Fine-Tuning Tips in order to see it bear fruit. Have patience: with the Fine-Tuning Tips and with yourself!

There are some days when I implement all these Fine-Tuning Tips which I've shared with you! And on those days, the end result is peace, be still in my home!

Then there are other days. Those are the days when one, some and/or all of these Fine-Tuning Tips are thrown out the window. Maybe I'll make a video so you can have a visual of how tragic (and terrifying) that makes for my household. Yet, even in those days, I thank God.

Have fun and enjoy this moment in time, Mom!
It truly does go too fast!

Let's Get Fine-Tuned!

Stay-At-Home Mom's - Daily Planner

The best thing about this printable for me is the moment I put a check mark next to a completed task! It feels so good!

Store these so that you can reflect on the goodness of God who causes you to prosper in all your ways as a stay-at-home mom. It's a GREAT tool to enter into His courts with praise and thanksgiving!

HUSBAND:

CHILDREN'S SCHOOL:

HOUSE CHORES:

OUTDOOR PLAY:

MINISTRY:

YOUR BUSINESS:

BILLS, BILLS, BILLS:

NOTE:

Prayer Journaling:

Just as you would with any meeting you take, you will want to take notes of the things discussed during your meeting with God! Please use this printable to track your prayers and record the dates in which He answers them.

