



The Step by Step Blogging Guide (when you have kids!)

Hi! I hope you are interested in how to make blogging work for you, if you are a stay at home mom, like me. Finding time can be tricky, but it is not impossible. Below I outline MY day, to give you an idea of how I make blogging work and still keep up with the day to day of life. I have three small children, so my day may look a little different than yours. Just pay most attention to when I get work done (and for how long), so you can see if those time areas work for you, too. Substitute as necessary. :)

*I mentioned in my post, that you can decide, based on your personality, if you want to wake up early or stay up late to get your blogging work done. I mention both below, but you only need to pick one time frame (morning or evening), unless you are super overzealous.

Daily Schedule:

***Wake-Up Early:** This is before your children wake up. Try to make this a solid, 2 to 3 hour time slot. This will allow you to complete one large project/blog post OR cross off several, small tasks on your to-do list. (5 to 7:30 am)

Morning Routine: Kids wake up, I throw in a load of laundry, and we begin getting ready for the day. This includes school drop-offs or summer camps. (7:30 to 10 am). A few days a week, we have crockpot meals, so I dump in those ingredients and dinner is done! I do not complete any blog work during this time.

Small rest time: My son still naps 2x a day, one in the morning and one in the afternoon. He goes down for a nap around 10 am and I make my other two children have a small 15-minute rest. They read books or play in their rooms, quietly. I use this time to switch my load of laundry, go to the bathroom (yes, I often have to remind myself to do that) and answer any blogging related messages I have gotten. I use the rest of this time to play with my girls, while my son naps. (10 to 11ish am)

Lunch: A little bit after my son wakes up, I start making lunch. If it is during the school year, then I am picking up my kids from preschool at noon and we eat as soon as we get home. (11:30 am to 12:30 pm-it just depends on the time of year).

This guide should be downloaded from the original course, www.proudpolicewife.com. Please do not reproduce, share, or copy.

Play: Play time, errands, or playdates! I do not do any work during this time, either. I am in full mommy mode! (1230ish to 3 pm)

Rest time: I put my son down for his second nap and I set my girls up for an engaging activity or they are allowed to have *some* time on the iPad. We have bins of “extra toys” in the basement. This is a great time to pull these out because they are not toys they play with often. To them, it feels like Christmas. I use this time to complete small tasks on my blog. By small tasks, I mean jobs that don’t take a lot of concentration and being interrupted isn’t a big deal. I do things like: schedule pinterest pins, social media scheduling, creating graphics/images, writing emails and checking in with my closed Facebook group related to my blog. I do not generally write blog posts during this time. (3 to 4 pm)

Activity/Outside Time: Rest time is over and it is back to full mommy mode! (4 to 5 pm)

Dinner/Evening Routine: This is family time. Dinner, homework, dishes, baths, story time, and bedtime routines. This is a busy time in our house and there is no time left for work. :) (5 to 730/8 pm).

***Stay-up Late:** This is after your sweet, little children are all snug in their beds. All three of my children are in bed by 7:30/8 pm. I then work from 7:30/8 pm until about 11 pm. This again, needs to be a solid, 2 or 3 hours of time to complete larger tasks. This is when I spend the chunk of my time writing content for my blog.

Weekly Blogging Tasks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Day of Rest! Family day and I only check my email once in the evening	-Write content -Affiliate work	-Newsletter goes out (already completed) -Schedule pinterest pins, social media posts, create graphics/images	-Write content -Answering messages; networking with other bloggers or brands.	-Blogging course work	-Write newsletter for the following week -Work on other projects (like email challenges)	-Brainstorming session. Generate new post ideas -Add/update ideas to editorial calendar

This guide should be downloaded from the original course, www.proudpolicewife.com. Please do not reproduce, share, or copy.

I hope you found this guide helpful! Please remember that I always allow room for flexibility. I stay on top of my content and my blog posts are written 1 to 2 months in advance to make flexibility easier.

If you have any questions, please reach out to me at info@proudpolicewife.com

This guide should be downloaded from the original course, www.proudpolicewife.com. Please do not reproduce, share, or copy.