

**October 2020 - Raising a Minimalist**

1 message

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October 2020 - Raising a Minimalist

Our United States are home to 3.1% of the world's children, but we buy and consume 40% of the world's toys — YIKES!

Professional organizers and counselors agree that having less stuff is better for children's mental health. They have found that kids with fewer things are happier kids. They actually have less stress because their surroundings bring them peace. Less stuff can also help youngsters calm down and focus better.

"The practical benefits of owning less are more money, more time, more calm and more freedom," says blogger Joshua Becker. The father of two adds, "Plus, learning to consume less is a way to practice discipline, a skill that makes it a lot easier to become a responsible adult."

Experts have done much research on owning material items, and realize that kids often link how much stuff they get with how much their parents are thinking of them. The media has told kids if they have "X" they will be happier, Becker notes.

We as adults know this isn't true.

If you limit your kids' screen time, then they don't know what they are missing and what they should have. Instead, try to engage them in different activities like board games, crafts, reading or sports.

A good way to help our children be minimalists is being a good role-model ourselves — so we adults should walk the talk.

A great place to start is within your household. For many of us, we spend most of our time in our kitchens or great rooms. Look around your rooms and ask yourself if there are items that don't belong there. Can you see the floor and baseboards? How many items do you have on the couch, coffee table and end tables?

If you are working in the kitchen, taken an inventory of all your cooking supplies. If you struggle with a particular drawer opening, for example, then that needs to be addressed. Pull everything out of the drawer, and then only put back items that you will actually use!

Experts also agree that it's a good idea to encourage your child to get a part-time job. That can be afternoons after school, or early nights or on weekends, but of course no job should overwhelm school needs.

Once youngsters learn the value of a dollar — and realize taxes are being removed from their paycheck — they will have a whole new meaning of all aspects of buying and acquiring items.

They will be well on their way to becoming minimalists in charge of their own decisions. Soon, they will be asking themselves, "How many hours do I have to work to buy that pair of jeans?"

Your local professional organizer,
Betty Huotari

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