21. SUBJECT: Friendship: for YOU!

We’ve already talked about the importance of good friends for our kids. Let’s take that idea one step further—let’s talk about the importance of friends for ourselves as parents.

You might be laughing right now, thinking, *There’s no time for me to have friends! It’s all I can do to keep all the plates spinning in the air.*

I hear you. I often say I’d like to have an assistant just to manage the logistics of family life!

But there’s an important principle to be explored today.

Here’s today’s *Tip for Modern Parents*:

**Investing in your friendships is vitally important for you as you parent your child(ren).**

If you’re married, this can take two forms: investing in your friendship with your spouse and investing in other friendships, too. If you’re not married, it looks like investing in friendships that help you become a better person—and a better parent.

What can you do this week to invest in a friendship? Consider going on a date with your spouse or inviting a friend to lunch. Take some time today to make a plan for how you can keep your friendships alive and thriving.

Onward to better parenting,

ADD NAME