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News

- [Top News Stories](#)
- [Education](#)
- [Sports](#)
- [Obituaries](#)
- [Entertainment](#)
 - [Entertainment News](#)
 - [Movie Grades](#)
 - [Free Movies](#)
- [Event Calendar](#)
- [Expert Advice](#)
- [Scouting](#)
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- [Business Spotlights](#)
- [Search for Keywords](#)
- [Editor's Blog](#)
- [Newsstand Locations](#)
- [Submit a Story Idea](#)
- [Contact Us](#)
- [CHJ Staff](#)

Contests

- [Baby Photo Contest](#)
- [Spelling Bee](#)
- [Rover Caught You](#)
- [Where Do You Read Your Journal ?](#)

Fun Stuff

- [Coloring Pages](#)
- [Date Ideas](#)

City Links

- [Crime Report](#)
- [Cottonwood Heights Holladay](#)
- [Associations / Clubs](#)
- [Buy Local First](#)
- [Ski Utah](#)
- [Construction / Road Updates](#)
- [City Contacts](#)
- [Cottonwood Heights Holladay](#)
- [City Website](#)
- [Cottonwood Heights Holladay](#)
- [Local Schools](#)

Holladay mom offers parenting tips in her new book

by Erin McShay

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Holladay author DeAnne Flynn [with husband Craig and their seven kids] has written a new book to help parents take the reigns of their lives back after too many activities leave parents feeling burdened and stressed

Everyone who has kids realizes that sooner or later your lives begin to revolve around them. It's easy to fall into the trap of doing too much, and it's not so easy to pull back. First it's soccer, then t-ball, then gymnastics. Throw in some homework and piano lessons to the mix and the kids are on a treadmill of activities.

"There's a negative trend with families going on where 'busy kid,' equals 'good parenting,'" said Deanne Flynn, author of the 'Time Starved Family; Helping Overloaded Families focus on What Matters Most.' Flynn said the trend is

starting younger and younger with kids' ages 1 to 2 years old. Before they can even talk kids are enrolled in gymboree type classes.

"These kids are so busy with homework, sports and so many activities most families don't have time for the family meal, Flynn said. "We're so ultra busy, the kids are so ultra talented but we're not creating kids who know life skills.

Flynn, a mother of seven, has lived in Holladay for 17 years with her husband Craig. The two have children ranging in age from 19 to 5 years old, and she's tried it both ways. Flynn said she started out in the rat race and then decided to take a year off and do nothing and have time to focus on the basics.

"Now I'm just trying to raise good solid citizens committed to a greater purpose," Flynn said. "We have to stop and think what's truly the best thing for our family. It goes so fast, sometimes pulling back is the best thing you can do. It did a lot of good for us."

Yet choosing what's best for the family is not only the most popular thing to do. In Flynn's book she asks parents to examine your motives, because sometimes we're reliving our lives through our children.

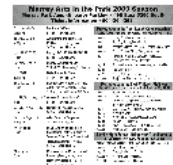
"The book, Flynn's first novel, took her 18 months to write from start to finish. Flynn is currently working on another non-fiction book and a fiction book as well.

Besides being an author, Flynn is also an award-winning journalist, songwriter and motivational speaker for the "Timeout for Women 2009 Tour."

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