How to stay calm (or try) with kids moving stuff between houses with Amy Stone

with Amy Stone · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Amy Stone became a stepmom to a 4-year-old and an 8-year-old before she had children of her own, and later added two more kids to the family.

- [ ] Print the recurring family schedule and post it on the refrigerator.
- [ ] Set a fixed midweek check-in with your partner to go over what's coming up.
- [ ] Ask older kids to tell you their plans directly.
- [ ] Give yourself permission to skip events nobody told you about.
- [ ] Put the family schedule in a shared Google Calendar.
- [ ] When a household fight keeps repeating, check whether it's a resource problem, like one washer for eight people.
- [ ] Before a big life decision, write down why it's the best choice for your future.
- [ ] Say out loud what your business does, even at a school event.
- [ ] Write articles that answer the exact questions people ask you.
- [ ] Take Amy's free Serenity Scorecard to see which area of your life is stressing you out.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/blended-family-tips-amy-stone/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
©2026 Add Space To Your Life · This checklist is for personal use; share the episode link rather than the file.