

# me time

## Ilana Wiles

Mommy Shorts | 156,000 Instagram followers

No matter how jam-packed her to-do list is, Ilana Wiles always manages to carve out a bit of time for herself. “It’s important to maintain your own sanity,” says the New York City mom of two. “If you need time away from your kids to be a better parent, that’s just as important as hanging out with them.” For Wiles that means grabbing a coffee while her girls are at school, springing for a sitter so she can go out with her husband or treating herself to a massage. And even at home she knows when to take a break. “It’s okay to tell the kids, ‘Now we’re going to sit down and watch a movie,’” she says. “Let go of the guilt.”



Wiles with daughters Harlow, 5, and Mazzy, 8.



### Plan regular dates—and stick to them

“Schedule a weekly or biweekly date with your partner,” says Wiles (with husband Mike). “That way, no matter how disconnected you may feel throughout the week, you know that on Wednesday night you will always have dinner together.”



### Squeeze it in when you can

“I’ve found breakfast with friends to be really easy. We drop off our kids at 8:30, and most people don’t have to be at work until 9:30, so there’s that hour window when you can go out—and it feels so indulgent.”

## Maximize Quiet Hours

- **Stay up late.** My time awake without the kids is really important. I write, read, catch up on the news. To me, alone time is more important than sleep.
- **Get up early.** I like to have peace of mind before the day starts. If the kids wake me, and we’re rushing from that point on, it will be crazy.
- **Do dinner in rounds.** We sit with the girls while they eat, then Mike cooks while I put the kids to bed. Eating a leisurely meal makes for a more relaxed evening.

### Nurture female friendships

“I find those times where you can get away with your girlfriends really valuable. When I can’t get away, I like to binge-watch TV with my friends who live nearby after our kids are in bed.”



### Ask your family for help

“I know that if my mother [above] can babysit, my kids won’t be upset if I go out—they will just be really excited to spend time with Grammy.”