
[That's NICE !](#)

Posted by: [Douglas Bush](#)

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It is already five days into the New Year and many of us (including myself) have broken some New Year resolutions. Sound familiar.

As a former college student, my professor would get upset if we did not hand in our assignments on time. He would say that procrastination is the art of keeping up with yesterday. That is all well and good as a student but as a parent: this takes on a whole different meaning.

The Christmas holidays brought us a chilling reminder that the terrorists threats are still there. Further, record snow falls and cold temperatures serve as a reminder that we should be prepared. So if procrastination has crept into your life, it is time to do something about it. Let's start preparing now.

Recall the word NICE. This is an acronym which I have used for a long time. Basically, what it means is phone Numbers that I need In Case of an Emergency. So what I did is put those important phone numbers (police, church, hospital, fire department, poison control, etc) on my speed dial in my phone at home and my cell phone. It sounds simple but it is a start to your emergency plan.

All the best in 2010 and don't let procrastination rule the day.

J. Douglas Bush

Managing Partner

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