

# I DON'T HAVE FING TIME FOR THIS!

## Mom-to-Mom Support Group

### **Mom-Hacks**

These hacks can help simplify daily tasks, reduce stress, and make parenting more enjoyable. Remember, the key is to find what works best for you and your child!

1. Cut a sticker in half and put one half in each shoe to help kids remember which foot is which.
2. Place a pool noodle under the fitted sheet to prevent your child from falling out of bed.
3. Use cupcake liners to catch popsicle drips and keep your child clean.
4. Organize the next morning's tasks the night before to start your day with a win.
5. Utilize grocery delivery or pickup to save time and energy.
6. Use mesh laundry bags to keep socks from disappearing in the wash.
7. Teach your children where their clothes go, so after you fold them, they can put them away.
8. Teach your kids how to dust with a Swiffer and direct them around the house. They love this!
9. Wear earbuds while cleaning, so you can listen to music, a podcast or audiobook to distract while completing mundane tasks.
10. Use a sticker chart to track behavior and reward good habits.
11. Set timers or alarms in your phone as a reminder to take vitamins, drink water, and take meditative deep breaths to keep your mind and body healthy.
12. Pick a day for meal prep for you and the kids. Precut fruit, veggies and other snacks.
13. Create a visual schedule and use picture lists to help your child stay organized.
14. Use a 'first/then' chart to help your child understand sequencing.
15. Create a calm-down jar with glitter or sand for relaxation.
16. Use sensory bins with rice, beans, or sand for tactile play.
17. Use story sequencing charts to help your child understand books.
18. Create a cozy calm-down corner with blankets and soothing music.
19. Use sorting games with everyday objects to teach categorization skills.
20. Use number lines with stickers or stamps to help your child understand number sequences.
21. Create or buy premade learning posters and hang them where the kids hang out.
22. Let the kids take a long bath giving you extra time for self-care - mani, pedi, make-up, hair, etc. while you're both in the bathroom.
23. Use a simple check and X system for behavior. Hang a sheet of paper or use a whiteboard. Draw 7 boxes-one for each day. If they have a good-behavior day, they get a check. If they make 7 checks, they get rewarded at the end of the week.