

SUPERHERO ADVICE FOR MOMS, FROM MOMS

*Real mom hacks that actually
work. from moms just like you!*



To the mom who is doing the invisible, exhausting, holy work...

This book is every late-night text, every 2 a.m. voice memo, every 'wait—this worked for you?!' moment from hundreds of us in the trenches.

You are not alone. You are seen. And you are already enough.

Welcome to the village.

 The Mom Squad

Powered by Emotional Superpowers

HOW TO USE THIS BOOK

- PRINT IT OUT
- DOG-EAR THE PAGES THAT SAVE YOUR SANITY
- SCREENSHOT AND SEND TO YOUR NEW-MOM FRIEND
- KEEP IN THE BATHROOM (BEST IDEAS HAPPEN THERE)
- ADD YOUR OWN HACKS IN THE MARGINS – THIS BOOK GROWS WITH YOU



**SEND US
YOUR BEST
TIPS HERE!**

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CHAPTER 1

SUPER-MOM SANITY & STRENGTH

(YOUR EMOTIONAL AND MENTAL WELL-BEING)

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PUT A STICKY NOTE ON YOUR MIRROR THAT SAYS “GOOD ENOUGH IS PERFECT”

CURATE A 3-SONG SHOWER DANCE PARTY FOR AN INSTANT MOOD RESET

NEED A BREAK? HIT THE DRIVE-THRU COFFEE + 10-MINUTE LOOP AROUND TOWN WITH MUSIC BLASTING

KEEP A VOICE-NOTE THREAD WITH YOUR BEST MOM FRIEND FOR 2 A.M. RANTS

TEXT YOURSELF AT THE END OF THE DAY: “I DID ONE HARD THING TODAY” AND HOW IT FELT FOR YOU

DO A 5-MINUTE “RAGE CLEAN” TO AN ANGRY PLAYLIST (USE THE EXPLICIT VERSION IF THEY HAVE ONE)

GIVE YOURSELF WRITTEN PERMISSION TO BE REAL: “I DON’T HAVE TO ENJOY EVERY MINUTE”

BLOCK 30 MINUTES EVERY WEEK ON YOUR CALENDAR TITLED “MEETING WITH MYSELF.” THEN DO SOMETHING FOR YOU (READ, PUZZLE, JOURNAL, ETC.)

KEEP EMERGENCY BROWNIES IN THE FREEZER FOR THE WORST DAYS

PHONE A FRIEND WHO IS UNDER STRICT ORDERS: LISTEN ONLY, NO FIXING

TELL YOURSELF “DONE IS BETTER THAN PERFECT,” ON REPEAT

KEEP A “WINS JAR” — DROP IN LITTLE NOTES OF THINGS THAT WENT RIGHT

60-SECOND BREATHING: INHALE 4, HOLD 4, EXHALE 8. OVER. AND OVER. AND OVER.

SAY OUT LOUD IN THE CAR: “I AM THE MOM THEY GOT AND THAT’S ENOUGH, BECAUSE IM ALSO THE MOM THEY NEED”

DO A 10-MINUTE NIGHTLY BRAIN DUMP IN A CHEAP NOTEBOOK, IT'LL HELP YOU SLEEP BETTER

HIDE IN THE PANTRY AND EAT THE GOOD CHOCOLATE—NO GUILT

GOING THROUGH A HARD TIME? HAVE A WEEKLY “WALLOW NIGHT” WITH WINE AND SAD SONGS (SCHEDULED!)

KEEP A RUNNING LIST OF COMPLIMENTS PEOPLE GIVE YOUR KIDS AND READ IT ON HARD DAYS

ONE “NO” A DAY KEEPS THE BURNOUT AWAY

IF IT'S NOT A “HELL YES,” IT'S A NO

END EVERY DAY WITH “THREE THINGS THAT WENT RIGHT” TO YOUR PARTNER OR MIRROR



“No mom should have to raise a child with one hand tied behind her back because she has no village. We are stronger shoulder-to-shoulder.”

The MomSquad

CHAPTER 2

RAISING AWESOME SIDEKICKS

(PARENTING + CHILD DEVELOPMENT)

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DEALING WITH MELTDOWNS

PLAY THE WHISPER GAME, WHEN YOUR KIDS MELT DOWN DROP TO A WHISPER; KIDS QUIET DOWN TO HEAR YOU

CREATE A “YES PILE” SO YOU CAN RAPIDLY SAY YES TO FIVE TINY THINGS

HAND THEM AN ICE CUBE — SOMETIMES A SENSATION RESET IS ALL THEY NEED

CREATE A BRAIN-BREAK BASKET WITH THINGS LIKE SUNGLASSES, HAT, AND NOISE-CANCELING HEADPHONES

NARRATE (EVEN QUIETLY TO YOURSELF) LIKE A SPORTS COMMENTATOR (“CATEGORY-5 MELTDOWN IN AISLE 3!”)

HAVE A CALMING CHAIR AND SIT SILENTLY AND BREATHE TOGETHER

GIVE THEM A JOB: “EMERGENCY! CARRY THIS PILLOW TO THE COUCH”

PUT A FROZEN WASHCLOTH ON THE BACK OF THE NECK TO HELP CALM THEM

OFFER A SNACK + WATER FIRST — 70 % OF MELTDOWNS ARE HANGRY

ASK “DO YOU WANT ME TO HOLD YOU OR HOLD SPACE?”

SING THE FEELINGS IN RIDICULOUS OPERA VOICE

BE A VOLCANO — DO 10 JUMPS TO GET THE MAD OUT, THEN HUG

CHANGE THE SCENERY BY CARRYING THEM TO ANOTHER ROOM OR OUTSIDE

TELL THEM “I LOVE YOU AND THE ANSWER IS STILL NO” ON CALM REPEAT

USE THE TIMER TRICK — “YOU CAN SCREAM UNTIL THE TIMER BEEPS, THEN HUG”

SMELL PEPPERMINT OR LEMON OIL AND BREATHE IN DEEPLY

ASK, "DO YOU WANT TO ROAR LIKE A LION OR CRY LIKE A BABY GOAT?"

GIVE THEM A BEAR HUG FROM BEHIND UNTIL THEY SOFTEN, BONUS POINTS FOR WHISPERING SWEET WORDS IN THEIR EAR

ASK "DO YOU WANT TO BE HELPED, HEARD, OR HUGGED?"

IF MOM IS THE ONE HAVING A MELTDOWN, OFFER YOUR KIDS A SCREEN AND A SNACK, THEN SHRUG OFF THE GUILT AND BREATHE

USING HUMOR TO DIFFUSE MELTDOWNS

(YOU WANT TO MAKE SURE YOU'RE LAUGHING WITH YOUR CHILD, NOT AT YOUR CHILD)

ASK IN AN EMERGENCY TONE "UH-OH, DID WE WAKE THE DRAGON?"

LAUGH AND SAY "ALERT THE MEDIA: LOCAL CHILD DEVASTATED BY WRONG-COLOR CUP," THEN GIVE THEM A BIG HUG

LAUGH AND SAY, "BREAKING NEWS: SOCKS ARE STILL THE WORST INVENTION EVER"

ASK, "WHOA, DO WE NEED TO CALL THE FIRE DEPARTMENT OR JUST GET DIFFERENT SPAGHETTI?"

SCHOOL TRANSITIONS

PRACTICE THE EXACT DROP-OFF SCRIPT 10 TIMES AT HOME SO THEY'RE COMFORTABLE

PUT A FAMILY PHOTO OR HEART DRAWING IN THEIR POCKET

HAVE A “KISS & GO” RULE AND MAKE SURE KIDS KNOW WHAT IT IS:
NO LINGERING

OFFER AN AFTER-SCHOOL SNACK + 10-MINUTE DECOMPRESSION
TIME BEFORE ASKING QUESTIONS

HAVE A FIRST-WEEK “BRAVE JAR,” DROP A POM-POM EVERY TIME
THEY’RE BRAVE

INCLUDE SWEET AND ENCOURAGING LUNCHBOX NOTES FOR THE
FIRST MONTH OF SCHOOL

PUT A VISUAL SCHEDULE ON THE FRIDGE FOR THE NEW ROUTINE SO
KIDS KNOW WHAT TO EXPECT

HAVE A DAILYH “WORRY TIME” AT 7 P.M. ALL WORRIES GO IN A BOX
UNTIL THEN

CELEBRATE SMALL WINS WITH SOMETHING SPECIAL ON FRIDAY, THIS
COULD BE A SPECIAL TREAT OR GAME TIME WITH MOM

BEDTIME ROUTINES

SAY THE SAME EXACT PHRASE EVERY NIGHT: “BEDTIME, LOVE YOU,
SEE YOU IN THE MORNING” (OR CREATE YOUR OWN)

CREATE A BEDTIME BASKET WITH BOOKS THAT ROTATE WEEKLY

PUT A WHITE-NOISE MACHINE ON A SMART PLUG

GIVE YOUR KIDS “WORRY DOLLS” OR A “WORRY MONSTER” TO PUT
UNDER THE PILLOW

USE A LAVENDER ROLLER ON THEIR WRISTS

READ 3 BOOKS, SING 3 SONGS, GIVE 3 KISSES

USE A GLOW STICK “NIGHT-LIGHT” FOR BIG-KID COOL FACTOR

GIVE A DOORWAY HUG AND SAY “I’LL CHECK ON YOU IN 5 MINUTES”
(AND ACTUALLY DO IT)

USE A BEDTIME CHART WITH VELCRO PICTURES FOR SMALLER KIDS

TO MAKE MORNINGS EASIER HAVE “TOMORROW’S CLOTHES” LAID
OUT (INCLUDING SOCKS!)

PICKY EATERS

“YOU DON’T HAVE TO EAT IT, YOU JUST HAVE TO TASTE IT”

TRY THE THREE-BITE RULE; THREE BITES BEFORE A CHILD DECIDES IF
THEY LIKE SOMETHING. IT INCREASES EXPOSURE AND REDUCES
PRESSURE.

DECONSTRUCTED TACOS (OR WHATEVER IT IS YOU’RE EATING);
EVERYTHING IN SEPARATE BOWLS ALLOWS KIDS TO TRY

SMOOTHIE POUCHES WITH HIDDEN SPINACH FOR THE WIN

FOOD CHAINING: CHANGE ONE TINY THING AT A TIME, OFFERING
NEW FOODS THAT ARE IN ONE SMALL WAY SIMILAR TO A FOOD THEY
LIKE

DIP ANYTHING IN RANCH OR KETCHUP

“ONE BITE FOR MOMMY’S HEART, BECAUSE I COOKED IT WITH LOVE”

LET YOUR KIDS COOK WITH YOU ONCE A WEEK

RAINBOW PLATE CHALLENGE, HAVE ONE FOOD OF EACH COLOR

CUT SANDWICHES INTO FUN SHAPES

MAKE DESSERT FRUIT AND WHIPPED CREAM IN A SPECIAL BOWL, SO
IT FEELS EXTRA SPECIAL

POTTY TRAINING

HAVE A NAKED WEEKEND, NO DIAPERS, NO PRESSURE

GET A POTTY WATCH THAT SINGS EVERY 30 MINUTES, REMINDING THEM TO TRY GOING POTTY

MAKE AN M&M REWARD JAR — ONE FOR PEE, TWO FOR POOP

HAVE A TINY POTTY IN EVERY BATHROOM

WHEN THEY USE THE POTTY, CHEER LIKE THEY JUST WON THE OLYMPICS

GET “BIG KID UNDERWEAR” WITH THEIR FAVORITE CHARACTERS

MAKE A STICKER CHART THAT EARNS THEM A TOY AFTER 20 STICKERS

DUMP THE POOP IN THE BIG TOILET TOGETHER AND WAVE BYE-BYE

PUT A TIMER AND A BOOK BASKET RIGHT NEXT TO THE POTTY

CELEBRATE ACCIDENTS, “OOPS, PEE GOES IN THE POTTY, LET’S TRY AGAIN!”

SIBLING FIGHTING

“CONFLICT COUCH” HAVE THEM BOTH SIT UNTIL THEY CAN MAKE A REPAIR

GIVE THEM SAME-TEAM CHORES SO THEY EARN SCREEN TIME TOGETHER

“BORING JAR” — “PICK A CHORE IF YOU CAN’T STOP FIGHTING”

COMPLIMENT JAR — DROP ONE IN ABOUT EACH SIBLING DAILY

“YOU DON’T HAVE TO LIKE EACH OTHER, BUT YOU DO HAVE TO BE KIND”

SHARED “YES DAY” COUPONS THEY EARN TOGETHER

PHOTO ALBUM OF THEM AS BABIES TOGETHER — “REMEMBER WHEN YOU LOVED EACH OTHER?”

MAKE A PEACE TREATY THAT YOU PUT ON THE FRIDGE AND THEY BOTH SIGN

SCREEN-TIME RULES THAT STICK

HAVE DEVICE CHARGING STATION OUTSIDE BEDROOMS

“SCREEN TICKETS” — LIMITED NUMBER PER DAY

TECH-FREE ZONES: DINNER TABLE AND CAR RIDES UNDER 30 MINUTES

“EQUAL TIME” RULE — MINUTES OF READING = MINUTES OF SCREEN

GREEN TIME BEFORE SCREEN TIME - LEAN IN TO THE IMPORTANCE OF TIME IN NATURE

PARENT PREVIEW — YOU WATCH FIRST (OR GO TO [COMMON SENSE MEDIA](#) FOR A REAL REVIEW)

FRIDAY NIGHT “FAMILY MOVIE NIGHT” WITH PIZZA OR POPCORN

ENACT A “NO SCREENS 1 HOUR BEFORE BED” RULE

HAVE A SCREEN-FREE WEEKEND ONCE A MONTH AND FOCUS ON FAMILY FUN



“It takes a village to raise a child, but it only takes one text at 2 a.m. to remind a mom she’s still in the village.”

The Mom Squad

RAINY DAY SURVIVAL

MAKE AN INDOOR “BEACH” WITH TOWELS, SNACKS AND KIDDIE POOL FULL OF BALLS

USE PAINTER’S TAPE TO MAKE A RACETRACK ON THE FLOOR AND GIFT YOUR KIDDOS A HOTWHEELS FOR SOME AFTERNOON FUN

MAKE A FORT AND TELL STORIES BY FLASHLIGHT

MAKE A BAKING SODA AND VINEGAR VOLCANO IN THE KITCHEN

HAVE A DANCE PARTY WITH FREEZE DANCE

HAVE AN INDOOR SCAVENGER HUNT WITH FUN CLUES

PUT DOWN A TARP AND DO SOME BUBBLE WRAP STOMP PAINTING

DO MASKING-TAPE HOPSCOTCH IN THE HALLWAY

HAVE A YES DAY (INDOORS EDITION)

BUILD A CITY OUT OF EVERY BOX YOU’VE SAVED, THEN RECYCLE THEM WHEN YOU’RE DONE



“It takes a village to raise a child, but it only takes one text at 2 a.m. to remind a mom she’s still in the village.”

The Mom Squad

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CHAPTER

HERO TEAM RELATIONSHIPS

(PARTNERS, CO-PARENTING, FRIENDSHIPS,
FAMILY DYNAMICS)

Powered by Emotional Superpowers

WEEKLY 15-MINUTE “MARRIAGE MEETING” — CALENDAR INVITE, NO KIDS, NOT NEGOTIABLE. GO OVER THE WEEKLY SCHEDULE, TALK THROUGH CONFLICTS, WHAT WENT WELL, DRINK WINE

USE THE FAIR PLAY DECK OF CARDS TO SEE INVISIBLE LABOR AND CREATE MORE EQUITY

HAVE A CODE WORD WITH YOUR PARTNER: “PINEAPPLE” = TAG, YOU’RE IT RIGHT NOW

HAVE A MONTHLY FRIEND-DATE — NON-NEGOTIABLE ON THE CALENDAR

GRANDPARENT BOUNDARY SCRIPT: “WE DO IT THIS WAY NOW, THANK YOU FOR UNDERSTANDING”

MAKE A PARTNER “LOVE LANGUAGE CHEAT SHEET” ON THE FRIDGE

CO-PARENTING DROP-OFF PHRASE: “YOU’VE GOT THIS, I APPRECIATE YOU”

HAVE A FRIEND SOS TEXT CODE: 🔥 = CALL ME NOW, NO QUESTIONS

“NO ADVICE UNLESS ASKED” RULE WITH MOM FRIENDS

HAVE AN ANNUAL “STATE OF THE UNION” DATE NIGHT WITH PRINTED QUESTIONS

MAKE A GRATITUDE JAR FOR YOUR PARTNER AND DROP ONE IN WEEKLY

HAVE A SHARED GOOGLE CALENDAR THAT IS COLOR-CODED FOR MENTAL LOAD VISIBILITY

HAVE A “RESENTMENT AUDIT” ONCE A MONTH AND AIR IT BEFORE IT FESTERS

WEEKLY 10-MINUTE BACK RUB TRADE (TIMER!)

CREATE A FRIEND “BRAG BOOK;” A GROUP TEXT WITH ONLY GOOD NEWS ABOUT YOUR KIDS

IF YOU NEED IT, CREATE AN IN-LAW VISIT SURVIVAL KIT: WINE + EARBUDS + ESCAPE PLAN

PUT “YOU’RE DOING GREAT” STICKY NOTES HIDDEN IN PARTNER’S CAR/LUNCH

HAVE A COUPLES THERAPIST ON SPEED DIAL. IT’S FOR PREVENTIVE MAINTENANCE, NOT JUST FOR CRISIS

HAVE A MONTHLY “NO KIDS, NO PHONES” COFFEE DATE WITH YOUR PARTNER

WRITE AN “I APPRECIATE YOU FOR...” TEXT EVERY DAY AT 3 P.M.



“We weren’t meant to mother in isolation. We were meant to mother in community—one coffee, one playdate, one ‘me too’ at a time.”

Dr. Becky Kennedy
(paraphrased)

CHAPTER 4

RUNNING HOME BASE

(TIME MANAGEMENT, ROUTINES, RECIPES)

Powered by Emotional Superpowers

CLOTHES LAID OUT THE NIGHT BEFORE — INCLUDING UNDERWEAR & SOCKS. YOUR MORNINGS WILL BE SO MUCH EASIER

BREAKFAST MUFFIN-TIN STATION — GRAB AND GO (THINK MUFFINS, FRUIT, PROTEIN)

HAVE A “LAUNCH PAD” BY THE DOOR AND EVERYTHING LEAVES FROM THERE (BACKPACKS, SHOES, KEYS, PURSE)

HAVE A DAILY 10-MINUTE TIDY-UP DANCE PARTY BEFORE BED

“FRIDAY BASKET” — ALL WEEK’S PAPERWORK GOES IN AND YOU DEAL WITH IT FRIDAY NIGHT

CREATE A 5-INGREDIENT SLOW-COOKER DINNER ROTATING LIST THAT’S TAPED INSIDE THE CABINET

DO WEEKLY MEAL PREP ON SUNDAY WHILE WATCHING REALITY TV

AMAZON SUBSCRIBE-AND-SAVE FOR DIAPERS, WIPES, COFFEE, TP

MAKE A VISUAL CHORE CHART WITH VELCRO PICTURES FOR LITTLES

“TWO YESES OR IT’S A NO” FOR NEW COMMITMENTS

MORNING ROUTINE LAMINATED CHECKLIST ON THE FRIDGE

“BRAIN DUMP” ON SUNDAY NIGHT — EVERYTHING OUT OF HEAD ONTO PAPER TO REDUCE ANXIETY

ONE-LOAD-OF-LAUNDRY-A-DAY RULE

HAVE SHEET-PAN DINNERS 3 NIGHTS A WEEK

HAVE A WEEKLY “RESET HOUR” — TIMERS, MUSIC, EVERYONE CLEANS

KEEP AN EMERGENCY CAR KIT: SPARE CLOTHES, WIPES, SNACKS, TRASH BAGS

BILL-PAY AUTOPILOT — EVERYTHING ON THE 1ST AND 15TH

HAVE AN “OPEN-DOOR POLICY” FOR SNACKS THAT ARE OK FOR KIDS TO EAT ANYTIME, THEN KEEP THE PANTRY ORGANIZED SO KIDS CAN GET THEM ON THEIR OWN

7 P.M. KITCHEN SHUTDOWN — NO MORE COOKING

HAVE A MONTHLY “NO-SPEND WEEKEND” — USE WHAT YOU HAVE



“A mom alone is a superhero. A mom with her village is unstoppable.”

The Mom Squad

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CHAPTER

MAKING MAGIC

(HOLIDAYS, BIRTHDAYS, TRADITIONS)

Powered by Emotional Superpowers

MAKE A BUSY BAG WITH NEW DOLLAR-STORE TOYS WRAPPED LIKE PRESENTS FOR KEEPING TODDLERS BUSY

HAVE A “FAVORITE THINGS” PARTY — EVERYONE BRINGS 2 OF THEIR FAVORITE ITEM AND SWAP WITH FRIENDS

YEARLY INTERVIEW QUESTIONS ON VIDEO (SAME 10 EVERY BIRTHDAY) OR MAKE A BIRTHDAY BOARD (CREATE ON CANVA AND PRINT AT WALGREENS) AND TAKE PICTURES OF KIDS WITH IT

FIRST-DAY-OF-SCHOOL PHOTO PROPS IN A DEDICATED BIN AND HAVE FUN ON DAY ONE

HAVE A “YES DAY” ONCE A YEAR — THEY MAKE THE RULES

GO ON A HOLIDAY LIGHT DRIVE; HOT COCOA IN PAJAMAS (AND MAKE IT A TRADITION)

ELF ON THE SHELF “RETIRED” LETTER WHEN THEY STOP BELIEVING

BIRTHDAY BREAKFAST IN BED WITH THE “YOU ARE SPECIAL” PLATE

PARK + COSTCO SHEET CAKE BIRTHDAY PARTIES

DOLLAR-STORE MEDALS FOR EVERY KID AT THE PARTY

MAKE A THANKSGIVING “GRATITUDE JAR” AND EVERYONE DROPS A NOTE TO READ AT DINNER

HAVE A NEW YEAR’S EVE BALLOON POP WITH FUN ACTIVITIES INSIDE

CREATE A SUMMER “BUCKET LIST” AND KEEP IT ON THE FRIDGE

BACK-TO-SCHOOL FAIRY VISIT (SMALL GIFT NIGHT BEFORE)

HAVE A MONTHLY FAMILY ADVENTURE JAR AND EVERYONE ADDS IDEAS

HOLIDAY MOVIE + MATCHING PAJAMAS TRADITION ON CHRISTMAS EVE, EVE (CHRISTMAS ADAM)

HAVE “HALF-BIRTHDAY” CUPCAKES WITH FRIENDS FOR SUMMER BABIES

CREATE AN ADVENT CALENDAR OF ACTIVITIES, NOT STUFF

MAKE A PHOTO BOOK EVERY YEAR — PRINTED, DONE, NO GUILT

READ THE “LOVE YOU FOREVER” BOOK ON THE NIGHT BEFORE EVERY NEW SCHOOL YEAR

GET A COPY OF “OH THE PLACES YOU’LL GO” BY DR SUESS AND AT THE END OF EVERY YEAR HAVE YOUR CHILD’S TEACHERS WRITE NOTES IN IT; GIFT IT TO YOUR KIDS AT THEIR HIGH SCHOOL GRADUATION



“When one mom rises, she doesn’t rise alone—she pulls ten more up with her. That’s the real village magic.”

The Mom Squad

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CHAPTER

OTHER

Powered by Emotional Superpowers

WHEN MOVING, PRINT PICTURES OF YOUR KIDS ON STICKER SHEETS AND PASTE THEM ONTO THE BOXES FROM THEIR ROOMS. THAT WAY THEY CAN FIND THEIR BOXES EASILY AT THE NEW HOUSE

WHILE UNPACKING AFTER A MOVE, PUT YOUR KIDDOS IN A LARGE PACKING BOX WITH MARKERS AND SNACKS. THEY CAN DRAW ON THE INSIDE OF THE BOX AND IT WILL KEEP THEM BUSY FOR HOURS.

GO TO YOUR LOCAL LIBRARY AND SNAG A LIBRARY CARD. MANY OFFER MORE THAN JUST BOOKS, FOR INSTANCE FREE MUSEUM PASSES, FREE STORY TIMES, FREE AUDIOBOOKS, FREE PRINTING AND BOOK CLUBS FOR MOMS

MANY COSTCO STORES HAVE SAME-DAY PHOTO PRINTS, PERFECT WHEN YOU NEED 30 THANK-YOU CARDS IN 1 HOUR FOR TEACHER GIFTS

BUY THE NEXT SIZE CLOTHES AT END-OF-SEASON CLEARANCE — LABEL THE BINS “6-9 MO SPRING” SO YOU’RE NEVER DESPERATE

WORRIED ABOUT YOUR TODDLER FALLING OUT OF BED? PUT A POOL NOODLE UNDER THE FITTED SHEET — INSTANT “NO ROLLING OUT OF BED” BARRIER FOR LITTLES

CREATE A COMMAND-HOOK CHARGING STATION INSIDE A CABINET DOOR SO CORDS DISAPPEAR

KEPE AN “OOPS BAG” IN THE CAR WITH A SPARE OUTFIT FOR EVERY KID + PLASTIC BAG FOR THE EVIDENCE

LABEL THE INSIDE OF KIDS’ SHOES WITH YOUR PHONE NUMBER IN SHARPIE (IN CASE THEY WANDER AT DISNEY OR ANYWHERE ELSE

TAKE A PHOTO OF YOUR KID IN THE OUTFIT THEY’RE WEARING EVERY TIME YOU GO SOMEWHERE CROWDED

USE AMAZON “SUBSCRIBE & SAVE” FOR DIAPERS, WIPES, COFFEE, TP. JUST SET IT ONCE AND FORGET IT



“The village isn’t a place. It’s a promise: I see you, I’ve been there, and I’ve got you.”

The Mom Squad

USE A HANGING SHOE ORGANIZER ON THE BACK OF THE PANTRY DOOR FOR SNACKS YOUR KIDS CAN GRAB ANY TIME.

PUT A “LOST TOOTH” TINY ENVELOPE TAPED INSIDE THE BEDROOM DOOR AND THE TOOTH FAIRY WILL NEVER FORGET AGAIN

BUY TWO OF EVERY LOVEY, THEN ROTATE THEM AND PRAY THEY NEVER NOTICE

TAKE A PICTURE OF THE STOVE KNOBS BEFORE YOU LEAVE THE HOUSE, INSTANT PEACE OF MIND

CREATE A “FRIDAY FOLDER” SYSTEM. PUT ALL SCHOOL PAPERS THERE UNTIL A FRIDAY PURGE NIGHT

USE A WEEKLY PILL ORGANIZER FOR KIDS’ VITAMINS — NO MORE “DID I ALREADY GIVE IT?”

KEEP A SPARE CAR KEY IN A MAGNETIC BOX UNDER THE CAR (HIDE IT WELL)

PUT A “BIRTHDAY BOX” IN THE CLOSET, THEN STASH GIFTS ALL YEAR SO YOU’RE NEVER RUNNING TO TARGET AT 9 P.M.

USE AN OVER-THE-DOOR SHOE ORGANIZER IN THE FREEZER FOR FROZEN VEGGIES, ICE PACKS, AND OTTER POPS

WRITE THE KIDS’ HEIGHTS ON THE INSIDE OF THE PANTRY DOOR — NO MORE PENCIL MARKS ON WALLS

USE A CEREAL CONTAINER AS A CAR TRASH CAN — LID KEEPS IT FROM SPILLING

PUT A LAZY SUSAN IN THE FRIDGE FOR CONDIMENTS — NO MORE DIGGING

TAKE A SHARPIE AND WRITE “LEFT” AND “RIGHT” INSIDE TODDLER SHOES, IT ENDS THE DAILY STRUGGLE



**“The village isn’t perfect. It’s messy, loud, and sometimes shows up with cold fries and warm hugs. But it’s real. And it’s the reason we survive—
and thrive.”**

The Mom Squad

YOU MADE IT!

You made it to the end; proof you're already a hero! Look, none of us are super-moms. We're just regular moms who decided the village is real, and we're stubborn enough to keep building it together. Your story, your hacks, your tears, your wins; they belong here too.

That's why this last page isn't "goodbye," it's "your turn." Come drop your wisdom, borrow someone else's, and remind the next tired mama that she's not alone, that she's not a failure, that she's just the mom her kids need her to be. Because every time one of us rises, the whole village gets a little taller.

Thank you for being the mom who keeps showing up. We're so glad you're here.
Cape optional. Village required.

We've got you. Always.

♥ The Mom Squad

