

# THE BEST MOM HACKS

Life with a little one is full of surprises, follow this super simple list of mom hacks that are New England Mama tested and approved to make life a breeze!

[newenglandmama.com](http://newenglandmama.com)



1

## GRAB AND GO BREAKFAST

Does your kiddo wake up super early in the morning? Try prepping breakfast the night before and leaving it in the kitchen for an easy grab and go first morning meal. Prefilled sippy cups of milk and bowls of fruit are a huge favorite in our house.

2

## DIAPERS, WIPES, BUTT PASTE

Leave a handful of diapers, a pack of wipes and some sort of butt paste in your purse at all times so you can worry less about packing for outings and more about getting stuff done.

3

## LET THEM HELP

It can take forever to accomplish tasks, but letting your toddler or preschooler help do things around the house or when getting ready in the morning makes them feel important and helps them remain in control, limiting tantrums and freak outs.

4

## STICK TO THE ROUTINE

Get on a routine and stick to it! Kids thrive off of routine and structure, and it will help you from feeling mentally exhausted every day once they get the routine down pat.

5

## MONKEY SEE MONKEY DO

Want your kid to brush their teeth? Make a huge deal about you doing the thing and they'll want to join in right in.



6

## ALWAYS CARRY A CAR

In every bag I have there is a strategically placed hot wheels car ready to distract, bribe, or entertain my two year old while we're doing stuff in the world. Find your little ones passion and store a mini version in your purse for screen free play on the go.

7

## PRIORITIZE TASKS

Don't set yourself up for failure, prioritize your tasks and what you want to accomplish vs. what actually needs to get done. Do the necessary and deal with the rest as you find time!

8

## GIVE ALL THE KISSES

Feeling down? Parenting is tough, whenever your toddler is driving you bananas, stop and give them all the kisses because at the end of the day time goes by too fast!