

# 44 BEST Mom Hacks

- Get efficient at routines
- Create rhythms
- Make efficient list (short)
- Bundle your errands
- Switch to online shopping for your groceries
- Subscriptions & auto-recurring
- Invest in the little things
- Use dry shampoo
- Laser hair removal
- Have your kids help
- Learn the Power of 20
- Buy a clear table protector
- Don't compare
- Use technology strategically
- Use a daily kid checklist
- Have an adults only bathroom
- Store Clorox wipes behind toilet
- Baby wipes in bathrooms
- Run robot vacuum daily
- Think functionally
- Folex carpet cleaner
- Say "no" more
- Trash the box
- "Toy Jail" basket for toys
- Reset kitchen after dinner
- Run dishwasher every night
- Meal prep weekly
- Outsource
- Meal delivery service
- Trash bags for car
- Wake up BEFORE your kids
- Exercise / move your body daily
- use shoe hangers for kids clothes
- Mesh bag for socks
- Use a toy closet organization system
- Declutter / purge regularly
- Teach your kids Individual Play
- Sleep schedules
- Use black out curtains for kids rooms
- Use a wake up clock like the Hatch
- Double layer sheets
- Make your bed daily
- One load of laundry every day
- Turn off notifications on your phone
- Less time on social media