

# Stay-At-Home Mom CHECKLIST



- Create a regular bedtime and wake up time for yourself and kids.
- Wake up at least 15 minutes before the kids and get into a peaceful mindset.
- Create a daily routine that serves your family and you.
- Schedule in alone time or down time for both you and family. Don't overschedule.
- Isolate your home systems that don't work and work out new ones.
- Do like activities at the same time (e.g. meals, naps, errands, etc.)
- Have mini routines or rituals throughout the day to help the day go on autopilot.