

Tips for Busy Parents

Simplify your life.

- Keep healthy grab-and-go snacks handy, like nuts, cheese sticks, cereal, fruits and vegetables.
- Make simple meals. Use leftovers the next day.
- Create a routine for mealtime, playtime, and bedtime.
- Clean one small area of your home at a time.

Ask friends or family for help—be specific.

- Ask for a cooked meal.
- Ask for help with laundry and folding.
- Set up play dates for your older children.

Make rest and sleep a priority.

- Rest during night feeds. Dim the lights and get comfortable.
- Keep your baby close at night. Put your baby's crib in the same room.
- Sleep when baby sleeps.
- Try not to watch the clock at night.

