

How to Simplify *Mom Life* 30+ Practical Tips



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How to Simplify Mom Life with 30+ Practical Tips

Your day goes on and on, never ending with tasks that need done all around the house. Why does it feel like it will never end? Life as a mom will always be busy in the home. We have food to cook, dishes to clean, laundry to fold, cleaning that needs done, reading to the children, attending events, and the list seems to never end.

What if we could actually find ways to cut down our work load in the home, being as efficient as possible, and have less stress on our lives as moms.

Coming from a home with a houseful of children, I have learned and put into action many tricks on how to simplify my life. The more children I gain, the more I realize how every minute of my day is extremely valuable. I'm constantly thinking how I can be as efficient as possible in the home in order to put more of my time into what's most important.

In this book, my hope is that you can try and implement several of these ideas into your home, and ultimately take a load of stress off yourself!

How to Simplify Mom Life in the Kitchen

1. Paper Supply –

If you can afford it, I'd highly recommend going this route and using paper supply for most of your meals. It's a super easy way to cleanup. After mealtime, have each child throw their own paper supply away, this leads to less cleanup for you as the mom, and less dishes to tackle at clean up.

2. Plastic Baggies –

For young children, purchasing Ziploc Bags so the child can easily open and close them can relieve simple stress on you. These are great for snack time whether in the home or in the car. They won't come to you asking you to open or close the baggie for them. These are also great for organizing small toys or playing cards where they can handle the bags themselves.

3. Dishwasher –

Make sure your dishwasher is completely emptied out before meal time. If you choose not to use paper supply, your children can load the dishwasher themselves with the dishes they used for that meal.

4. Full Dishwasher -

If you have a full dishwasher after the last meal, run the dishwasher, then open it up and let it air dry until the next morning. This will save you money from paying for the dry cycle or save you time for you drying them yourself. (Warning- if you have little children around, make sure you remove the sharp knives right after you open the dishwasher to air dry.)

5. Morning Routine -

The next morning, while you are prepping breakfast, have the children unload the dishwasher themselves. Then it's ready for the next round of dirty dishes after breakfast.

Meals

6. Meal Plan –

Every time I plan ahead with my meals – creating the list of meals I can make for that week, plus making sure I have every ingredient- relieves so much stress in my life! If you're like me, and unprepared for the day, I tend to get uptight and more stressed as meal time approaches about what I'm going to provide for the whole family. Sometimes I'm spending hours upon hours before supper time debating in my head what I should make. You can simplify your life by planning your meals ahead of time!

7. Freezer Meals –

This goes right along with meal planning. Take a whole day and prepare 10-15 freezer meals for the month. Adding in a friend or two to join you in the freezer meal planning can be a bonus! Each of you would tackle less recipes, doubling or tripling them, and in return swap each other's meals, making your life so much more efficient!

8. Doubling A Recipe –

Instead of tackling a handful of freezer meals in one day, you could simply double a meal every time you make one. Then, you could do 1 of 3 things with that extra meal:

- a. Have a friend do the same thing, doubling one, or all, of her meals that week, then meet up and swap those extra meals. This can provide you bonus days of no cooking throughout that week.
- b. Put that extra meal into the freezer (if it's freezer friendly).
- c. Use that extra meal to bless a family, friend, or neighbor.

How to Simplify Mom Life with Laundry

9. Dirty Clothes –

Have your children and husband throw every article of dirty clothing directly into the washing machine (so then you don't need to use laundry baskets). Once the washer is full, then you simply start the wash that day. No running around collecting everyone's dirty laundry.

10. Mixed Colors -

And yes, you can wash a load of mixed colors in COLD. Your colors will most likely not bleed. I have nine plus years of experience with this and NEVER had an issue with the bleeding of colors. Which leads to why I never separate the whites from the colors.

11. Reuse Bath Towels –

A towel is used to dry off a clean body so it can be reused. Here are several options on how to reuse towels:

- a. Assign specific colored towels to each member in the family.
- b. Have a specific towel holder for each person to hang their own towel on.
- c. Or, simply just reuse each other's towels, where it doesn't matter which towel you grab.

Then, once a week, go through the bathrooms and gather up all the used towels and wash cloths to do a load of wash.

12. Reuse Clothes –

When possible (if clothes are not dirty) have your family wear their clothes several times before throwing them into the laundry basket or washing machine. Jeans are an article that can easily be worn several times before a washing. This can simplify mom life a lot with doing less laundry! Every single article of clothing worn in the family does not need to be thrown into the washer EVERY TIME after just one use.

13. Loads of Wash –

If you incorporate the last two tips, this can significantly cut down how many loads of wash you need to run per week. I only do three (yes, 3!) loads of wash per week for our large family - one for towels, and the other two for clothing. Although seasons of outdoor mud will definitely call for an extra load of wash every now and then.

14. Stains –

When I know an article of clothing has a stain, I soak it in a bucket of cold water until I run the next load of wash. Once I'm ready to start that wash, I spray Awesome onto the stain, rub it in (most times it easily comes out because of being soaked in water), and throw it into the washer. If the article of clothing is dry, it takes more chemicals and more time to scrub the stain out.

How to Simplify Mom Life with Your Children

15. Pajamas –

This might be a shocker to you, but you really don't have to put pajamas on your child for bedtime. This could save you so much time in the mornings and relieve so much bedtime stress at night. If your children don't go to school yet, you could just leave the same clothes on them for bedtime and wear again the next day (which leads to LESS LAUNDRY!). If their clothes are dirty or they are going to school the next day, just have them wear that new outfit to bed leaving less work the next morning getting them ready for school.

16. Diapers –

If you go through plenty of diapers (like I do!), having them mailed to you on a regular basis is the most efficient way to make sure you're stocked up on diapers. Target's online service is a great place to do this. I have found that diapers are the cheapest purchased here because of their RedCard savings. In addition, you receive another discount if you 'subscribe' for diapers to be shipped right to your house on a monthly basis

At times you can also receive Target gift cards if you purchase items in bulk. With the subscription service, you won't have to worry about running out of diapers. And if you get overstocked, it's very simple to cancel your subscription through your account.

17. Wipes –

Have wipes everywhere around the house! I'm always needing a wipe for a child. Life can be very efficient if you have them stocked everywhere around the house- in every bathroom, at every possible changing station in the house, in your purse, on the kitchen table, and anywhere random where you could easily grab one to wipe off a kid's face or change a diaper. I always keep a pack of wipes on our kitchen table to wipe the little hands and faces after a meal.

18. Baths –

Do children really need a bath every single day? Over the winter, take advantage of not bathing the kids as often. Even during the summer, if the children are dirty, you can easily wash off their hands and feet in the bathtub. Simplify mom life in the evenings for yourself as much as you can!

Chores

This is the most efficient way to simplify mom life! If you want more time, training your children to do chores around the house needs to be a priority. Yes, it takes LOTS of time to train and make sure they do the chore right; however, it's well worth your time investment! Having your children assist you around the house can provide you more time to focus on what's important – more of that one on one time with each child, more time to rest, more time to get things accomplished that your children cannot, and most importantly, more time with Jesus and your husband. This ultimately creates less stress in our homes.

19. Clean Up Toys –

From my experience, the most stressful time to train this well towards children is from ages 1-3 years old. My older children can clean up in a breeze. They require less reminders, less training (the bulk of the training happening during the 1-3 year old stage), less making sure they put things back where they belong, etc. Now, my children are not perfect, they aren't these little robots doing exactly what they should be doing every single time. However, when I compare my older children to my younger ones, I can see clearly how it's extremely beneficial to train them while they are young. Starting at ages four or five, children should be able to do cleanup all by themselves (if younger, kudos to you!) For us, clean up happens while I'm prepping lunch or supper. Also, during this time, I encourage the older ones to train the younger ones on how to clean up. Sometimes we make it fun and play cleanup songs during that time, but other times, this can just become a distraction. Train your children to do chores to simplify mom life. You as the mom DO NOT need to be picking up your children's toys every day for the rest of their childhood.

20. Fold Wash –

Take the time to show them exactly how to fold every article of clothing, and over time, it can be well worth it.

21. Putting Clothes Away –

This is where you need to be ok with not having perfectly organized dresser drawers. The less you try to keep everything perfect, the less stressed you will be with the children putting their own clothes away.

22. Sweep and Vacuum –

Yes, have days out of the month where you do just a quick clean around the house and get your children involved! They can very easily do the sweeping and vacuuming. Again, put your perfection aside for this round of cleaning. They most likely will not get every crumb on the floor or piece of hair on the carpet, but that's ok. If they can get the bulk of the dirt, this can simply save your cleaning time throughout the month!

The following chores can be taught and accomplished with young children:

23. Take the Trash Out

24. Fill the Dishwasher

25. Empty the Dishwasher

26. Set the Table - (this is very easy for them to do if you use paper supply -- tip #1)

The ultimate goal here to have your children help around the house is to take some work load off of you as the mom. If your children don't do any chores yet, start out small. Please don't overwhelm the child (and yourself!) thinking that now your child needs to do everything listed here plus some! Train your child one chore at a time. Once they master it, then move on to the next one.

How to Simplify Mom Life with Shopping

27. Shop Online –

You can save so much time if you can do most of your shopping online rather than going to the store(s). Amazon is great for this! If you're a part of their Prime Membership you can receive your items within two days (join in with other family or friends to make it cheaper PLUS you can try it for FREE for 30 days). They also have their Prime Pantry where you can get some of your grocery shopping done online as well!

28. Order Ahead of Time & Pick Up –

This... I LOVE! I do about 90% of my grocery shopping this way. There are two stores in our area where I implement this. One is Sam's Club where I order the majority of my bulk groceries. The other is Weis Markets where I get the random items that I can't get at Sam's Club. If you can have access to one or two stores where they are located close together and have the order online and pick up option, this can be a super-efficient way to grocery shop for you! Place your orders the night before and pick them up the next day.

This is so much simpler to tackle with your children along rather than going through every aisle of the store! Plus, you could possibly save on groceries this way because you're not buying what you see throughout the aisles that you really didn't need.

Side note: Designated Weis Markets (if you have one in your area) and Walmart's have special parking for orders placed ahead of time in which they bring your order out to you!

29. Mother or MIL Shopping for You –

If you have a mother or mother-in-law who loves to shop around and find good deals for you, take advantage of it! When I lived closer to my mother-in-law, she constantly asked me what my children were needing for clothes.

Every time she asked, I would give her a list, and she would shop around and try to find those items in clearance or on sale. On top of it, she would always find some of the cutest clothing for the kids! In the end, I paid her for the items she purchased for my children, and she saved me a lot of time from doing the shopping myself.

How to Simplify Mom Life with a Babysitter

30. Nanny –

If you can afford it, I'd highly recommend hiring a nanny to come into your home several hours each week. This has simplified my own life so much! Being able to hire someone to come in and watch the children for a few hours would free my time up so I could get things completed off my to-do list (whether it was business stuff, errands, making phone calls, appointments for my children, or pursuing personal hobbies). This then ultimately helped me to be more engaged and focused with my children when the nanny was not in the home because I didn't have to worry about specific items that needed done while with my children.

31. Cleaning Lady –

Instead of having a nanny to watch the children, you could hire a cleaning lady to clean your house once a week or once a month, which again, can free up a bit part of your mom time.

32. While You Are Away –

If you do have a sitter or nanny come several days a week or even for overnight while and your husband go away, have that sitter tackle some extra chores around the house for you. She could possibly fold the wash (along with the children's help), do all the dishes, maybe clean a little, prep some food, etc. Make the most of the babysitter's time while she is on the clock to simplify your life as much as possible.

How to Simplify Mom Life for Vacations

33. Create Checklists –

This, is a favorite of mine! Creating checklists can drastically cause less stress on your life. So, what you need to do is create a packing list for the regular vacation destinations you travel to. For example, let's say every year you go to Disney World and also somewhere for camping. These two destinations require very different packing items! To make your life easy before you venture out to one of these locations, you have your checklist. On this list, you put every single item you would possibly need (from the smallest of things to the largest- food items, baby or children items, personal items, etc.). The next time you prep for that vacation with your checklist in hand, you can pack at ease knowing you will not forget anything. (Over time you will be editing that list, either removing or adding items depending on the needs of your family in that season of life.) You will save so much time when you pack for your vacation because you won't need to create that checklist a few days before hand. You will already have it created and saved on your computer. Just print it out and start your packing!

How to Simplify Mom Life with Organization

34. RELEASE PERFECTION –

Are you constantly picking up after your children or putting their toys away rather than having them do it? But the reason you do this is because you want everything placed exactly where it should be? Having this perfectionist mentality can cause you an incredible amount of daily stress on you that is not needed!

Or, like mentioned before, maybe you don't even teach your kids to fold wash because you want everything folded and placed perfectly in their dresser drawers. If this is you, I'd encourage you to step back and ask yourself, "Is it worth it?" Is the constant picking up of their toys, folding their own wash, unloading the dishwasher, setting the table, and putting dishes away all yourself worth it?

Imagine if you can release that perfectionist inside of you, train your children to do the best they can, and ultimately have a more simplified mom life.

Wrap Up

Don't overwhelm yourself with all these tips at once. And not all of these will work for you and your family. Implement one or two on a regular basis; then, move on to implement another one into your life. Provide yourself a more simplified mom life by finding the ones that work best for you.

I would love to hear from if you have a few ways to simplify mom life around your home. Send me an email or a message on social media sharing with me a few of your secrets!

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