

BIG FAM HELP FREEBIE



BIG FAM HELP

- Find a w/d in your space
- have enough space for your fam for it to be enjoyable
- Pack extra clothes when you go out by
- Turn lemons into lemonade
- Plans often change with kids, just pivot and try something new
- Do your best to rest, it may not always be sleep
- Bring other family members- grandparents
- Ask for help and pray!

explore

SMALLER FAM HELP

- Rules still apply 📌
- Roll with it and have your spouse help out too!
- carrier is key to swap out
- man to man with watching kids
- Healthy snacks like chomps, Annie's or dye free goodies
- Plan for plans to not work
- Sleep on and off switching with your spouse if necessary
- Just Breathe and find some sort of exercise

