



Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less

Robyn Spizman, Evelyn Sacks

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Rock Your Routine and Be the Happiest Mommy on the Block

Moms will concur—routines and creative ideas help your day and save your sanity. And once you've established a routine that works, the inclination is to stick with it until the kids are off to college. But sometimes the rigidity of a 'tight ship' doesn't allow much time for good-old fashioned, spur-of-the-moment fun. Well, hang on to your itinerary because here comes *Eat, Nap, Play!*

Written by moms for moms, this timely guide centers on back-to-basics philosophies: *spend quality time with your kids and spend less money*. But this is not a guilt trip—it's a fun-filled adventure. Jam-packed with clever, cost-effective, low-maintenance, often nostalgic ideas you can easily slip *into* your existing routine, *Eat, Nap, Play* shows you how to turn everyday mayhem into precious moments to build memories, foster growth, strengthen bonds, and just have fun.

- Simple trips to the mall or grocery store transform into treasure troves of adventure
- Beat boredom in unique and unexpected ways while in the car or on the go
- Find out how to plan the perfect, age-appropriate parties for less
- Get the most out of the latest technology and discover a ton of useful websites along the way
- Plus, unearth cash-free ways for kids to learn, socialize, and grow into independent and resilient people

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Sadie McBride:

This Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this guide incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This particular Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less without we know teach the one who looking at it become critical in considering and analyzing. Don't always be worry Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less can bring if you are and not make your tote space or bookshelves' come to be full because you can have it within your lovely laptop even telephone. This Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less having good arrangement in word in addition to layout, so you will not feel uninterested in reading.

Lisa Shumaker:

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