

RANDOM ACTS OF KINDNESS

MOMS SUPPORTING MOMS EDITION

Send an e-coffee card

Compliment them on something they do well as a mom

Lend a listening ear during a time of struggle

Entertain their child while they are busy with their other child(ren)

Invite them on a stroller walk or group activity

Share a helpful course or app login

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Do a household task for them like dishes

Bring them a freezer meal

Send them a self care item like a bath bomb

Send a check in text

Invite her to a self care day like the spa or a coffee shop

Offer to help her with a task she's been putting off like organizing outgrown kids clothing

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