



THE BALANCED WORKING MOM PLANNER



Your system for calm, balance, and joyful moments.



Your 15-minute daily routine for calm, meals, and sleep.

The Balanced Working Mom System™ | Digital + Printable



TABLE OF CONTENTS

Click any item to jump to that section (works in GoodNotes & PDF readers)

Page	Section Title
03	Welcome & Start Here: Your 5-Minute Setup
04	How to Use
06	Monthly Calendar
08	Weekly Work + Toddler Schedules
10	Daily Routines & Checklists
14	Survival Mode Guide
15	Childcare & Daycare Logs
20	Household Task Delegation
22	Bonding & Activity Ideas
26	Meal Planning & Prep
34	Sleep & Routine Trackers
39	Mom's Self-Care & Support
45	Emergency & Sick Day Plans
47	Encouragement & Next Steps



THE 5-MINUTE SETUP

WELCOME, MAMA —
YOU'RE ALREADY DOING GREAT.

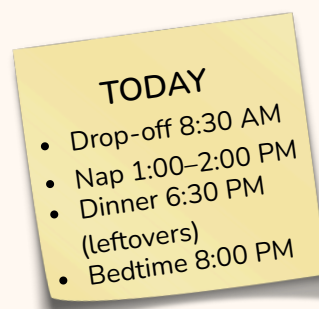
This planner is your command center. It's here to save you time, reduce stress, and help you create calm, repeatable routines. You do not have to use every page. Start small. Take five minutes now and put the two most-important pages where you'll see them every day.

Your First 5 Minutes

- ☐ Print your Daily Schedule (Page 9) — place it on the counter or fridge where you get ready.
- ☐ Print your Weekly Meal Plan (Page 26) — stick it to the fridge so dinner never needs to be a surprise.
- ☐ Write one "TODAY" sticky note with 3 top priorities (see the example below).
- ☐ Breathe. You've already taken back control.

If you only have 60 seconds

Write today's plan on a Post-it and stick it on your phone: "8:30 drop-off / 1–2pm nap / 6:30 dinner / 8pm bed" — that's it.



This is a season, not a sentence. Do one thing today that makes tomorrow easier.



HOW TO USE THIS PLANNER


PRINT IT. TAP IT. MAKE IT YOURS.

This isn't just another planner — it's a flexible system designed for both print and digital use. Use it the way that fits your lifestyle, whether you're a binder-and-pen mom or a tablet-and-stylus mom.



For Printing

- Print single pages you use daily (like Daily Schedule or Meal Plan).
- For a full setup: Print the whole planner → hole-punch for a binder or spiral-bind at your local shop.
- Use sticky notes, stickers, or highlighters to make it fun and easy to follow.



Print duplicates of the pages you'll reuse most often (daily routines, weekly meal plans, sleep trackers).



For Digital Use

- Works seamlessly in apps like GoodNotes, Notability, or Xodo.
- Open the PDF → import into your app → write on it with Apple Pencil, stylus, or even your finger.
- Tap checkboxes or use highlighting tools to keep it interactive.



Create a "Favorites" folder in your app and save the 2–3 pages you use every day.

Don't overcomplicate.

Pick ONE page to start today.

Example: Just use the Daily Schedule for 3 days straight. Once it feels natural, add meal planning or sleep logs.



MONTHLY CALENDAR

ONE PAGE TO SEE IT ALL

Use this page to plan your month at a glance. Add work deadlines, toddler milestones, appointments, family events, and self-care time. Keep it simple — one or two key notes per day is enough.

MONTH :

YEAR :

M

T

W

T

F

S

S

			EVENTS :			

Notes :

Monthly priority

Print multiple copies if you want to use one calendar for work and one for family.

PRE-FILLED EXAMPLE:

OCTOBER (WORKING MOM + TODDLER)

Month : OCTOBER

Year : 2025

M

T

W

T

F

S

S

1
Daycare
fees due

2

3
Work
project
deadline

4
Family
pizza
night

5
Grocery
+ laundry

6
Work
project
deadline

7
Family
pizza
night

8

Team
presentatio
n, 11 AM

9
Partner
late shift
→ quick
dinner

10

11
Movie
night at
home

12
Toddler
playdate
at park

13
Laundry
+ weekly
reset

14
Daycare
closed
(backup
sitter)

16
Pay credit
card bill

17

18
Family
game
night

19
Grocery
shop +
Costco run

20
Meal prep &
meal plan
for week

21
Doctor
appointment
(mom), 9 AM

22

23
Big work
deadline

24
Daycare fall
party (bring
snacks)

25
Movie
night +
popcorn

26
Park +
errands

27
Meal prep &
meal plan
for week

28

29

30

31
Trick-or-
Treat night
(early dinner
+ costumes
ready)

Events :

Notes :

Monthly priority

Stick to toddler bedtime routine (8 PM max).

Prep 2 freezer meals each weekend.

Limit late work nights to 2 per week.

Plan and prep Halloween costumes by Oct 27.

Print multiple copies
if you want to use
one calendar for work
and one for family.

BWM

WEEKLY WORK + TODDLER ROUTINE PLANNER

ONE WEEK. ONE RHYTHM.

Use this to line up your work commitments with your toddler's daily needs. It helps prevent overlap, forgotten tasks, and end-of-day chaos.

MONTH _____ WEEK _____

DAY	MORNING (6–9 AM)	AFTERNOON (12–3 PM)	EVENING (5–9 PM)	NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Keep it simple: add one work task and one toddler/family activity per block. More than that = overwhelm.



WEEKLY WORK + TODDLER ROUTINE EXAMPLE

A SAMPLE WEEK TO SPARK IDEAS.

MONTH _____ WEEK _____

DAY	MORNING (6–9 AM)	AFTERNOON (12–3 PM)	EVENING (5–9 PM)	NOTES
MONDAY	Breakfast + daycare drop-off	Work meeting 1 PM; toddler nap	Family dinner; bedtime routine	Mom gym 30 min after bedtime
TUESDAY	Quick breakfast; emails	Project work; toddler playdate	Leftover dinner; story time	Partner late shift
WEDNESDAY	Daycare drop-off; coffee	Work calls; errands	Takeout dinner; laundry	Grocery list prep
THURSDAY	Daycare closed → backup sitter	Breakfast; weekly planning	Easy pasta dinner; bath + bed	Big work deadline
FRIDAY	Breakfast + daycare drop-off	Half-day work; toddler nap	Pizza night + family movie	
SATURDAY	Park trip + groceries	Laundry + toddler nap	Family dinner; tidy up	Costco run
SUNDAY	Meal prep for week	Relax time; journaling	Family game night + early bedtime	Prep Halloween costumes

Notice how each block

balances:

- One work priority
- One toddler/family activity
- One reset or self-care moment





DAILY SCHEDULE — WEEKDAY

YOUR ANCHOR FOR CALM MORNINGS,
FOCUSED WORK, AND PEACEFUL EVENINGS.

Use this page to block your day into simple chunks. Add only what matters most. Keep it realistic, not perfect.

Time Block	Notes / To-Dos (ample writing space)
Morning (6–9 AM)	
Midday (9–12 PM)	
Afternoon (12–3 PM)	
Late Afternoon (3–6 PM)	
Evening (6–9 PM)	
Night (After 9 PM)	

	Meal Plan:	No.	Top 3 Priorities Today:
Breakfast		1	
Lunch		2	
Dinner		3	

 Self-Care Moment:	NOTES:
---	--------


If the day feels too full → cross off one task. Protect your peace.




DAILY SCHEDULE — WEEKDAY EXAMPLE

A REALISTIC WEEKDAY SNAPSHOT.

Time Block	Notes / To-Dos (ample writing space)
Morning (6–9 AM)	Breakfast → Toddler dressed → Daycare drop-off
Midday (9–12 PM)	Emails + team call → Quick snack
Afternoon (12–3 PM)	Work on project → Toddler nap (daycare)
Late Afternoon (3–6 PM)	Meeting wrap-up → Grocery pickup
Evening (6–9 PM)	Family dinner → 20 min playtime → Bath + bedtime
Night (After 9 PM)	Tidy kitchen → Journal 5 mins → Netflix 30 mins

	Meal Plan:
Breakfast	Oatmeal + fruit
Lunch	Leftover pasta
Dinner	Tacos (easy!)

 Self-Care Moment:

Evening journaling (5 mins)

No.	Top 3 Priorities Today:
1	Finish project draft
2	Pick up groceries
3	Bedtime by 8 PM



One completed bedtime routine =
a huge win. Celebrate it.



DAILY SCHEDULE — WEEKEND

SPACE FOR FAMILY, REST, AND RESET.

Weekends often look different — more family time, errands, and catch-up. Use this page to keep weekends simple but intentional.

Time Block	Notes / To-Dos (ample writing space)
Morning (7–10 AM)	
Late Morning (10–12 PM)	
Afternoon (12–3 PM)	
Late Afternoon (3–6 PM)	
Evening (6–9 PM)	
Night (After 9 PM)	

Errands / Shopping List

No.	Weekend Goals
1	
2	
3	



Family Fun Idea

Hello
Week
end

BWM

Remember: weekends are for reset. Don't overschedule.

WEEKEND DAILY SCHEDULE — EXAMPLE

A BALANCED WEEKEND SNAPSHOT.

Time Block	Notes / To-Dos (ample writing space)
Morning (7–10 AM)	Pancakes for breakfast → Grocery shopping
Late Morning (10–12 PM)	Park playdate → Laundry load #1
Afternoon (12–3 PM)	Toddler nap → Meal prep for week
Late Afternoon (3–6 PM)	Family outing → Target run
Evening (6–9 PM)	Pizza dinner → Movie night
Night (After 9 PM)	Tidy kitchen → Relax with book

No.	Weekend Goals
1	Groceries
2	Clean toddler's closet
3	

Errands / Shopping List
Groceries
Diapers
laundry detergent



Family Fun Idea

Pumpkin patch visit



One family memory is worth more than a perfect to-do list.



SURVIVAL MODE SWITCH

WHEN LIFE FEELS TOO MUCH — DO LESS.

Some days everything feels overwhelming — sick toddler, endless meetings, zero sleep. On those days, you don't need a perfect plan. You need a bare minimum routine. This page gives you permission to pause.

1. FIRST, RESET YOUR BRAIN (60 Seconds)

- Try the 3-3-3 Rule: See: _____, Hear: _____, Move: _____.
- Mantra: "Good enough is perfect for today."

2. RESET YOUR SPACE

- Do a "Two-Minute Tidy" with the kids.
- Set a timer for 13 minutes and tackle the kitchen/living room.
- Check the "Go-Bags" are ready by the door.

3. PROTECT YOUR ENERGY (Today's Focus)

- Connection: I will practice "Cuddle First, Chores Second" at pickup/bedtime.
- Recharge: My 5-minute recharge activity is _____.

4. SURVIVAL MODE TO-DO LIST (Keep it Simple)

- Must Do: 1. _____ 2. _____ 3. _____
- Should Do (If Time/Energy): 1. _____ 2. _____
- Let It Go (Guilt-Free!): _____

5. TONIGHT'S DINNER (From the Emergency List)

- Circle One: Pre-made Freezer Meal / Breakfast for Dinner / "Assemble Your Own" Plate / Order In.

Today's Only Goals:

- | | |
|--------------------------|--------|
| <input type="checkbox"/> | FED |
| <input type="checkbox"/> | LOVED |
| <input type="checkbox"/> | RESTED |

Notes :

Bare Minimum Routine:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Quick breakfast (toast + fruit) |
| <input type="checkbox"/> | 10 minutes cuddles / reading |
| <input type="checkbox"/> | Screen time is okay today |
| <input type="checkbox"/> | Simple dinner (leftovers, eggs, sandwiches) |
| <input type="checkbox"/> | Early bedtime for everyone |



You are not failing. You are in a season of high demand. Flip the switch, take a breath, and use these tools to find your footing again."

♥ This is a season. Tomorrow you'll reset. You're still a good mom.

BWM

DAILY DAYCARE LOG

PEACE OF MIND FOR DROP-OFF AND PICKUP.

Use this to track meals, naps, moods, and notes from caregivers. Print one for each day or reuse digitally.

Section	Notes / Details
Child's Name	<hr/>
Date	<hr/>
Drop-off Time	<hr/>
Pickup Time	<hr/>
Meals/Snacks	<hr/>
Naps	<hr/>
Mood/Behavior	<hr/>
Activities	<hr/>
Notes to Parents	<hr/>



Keep a few printed copies in your bag so you never miss a log.



CAREGIVER NOTES

EVERYTHING YOUR SITTER OR DAYCARE NEEDS TO KNOW.

Fill this once and give a copy to every caregiver. Update if routines change.

Section	Notes / Details
Child's Name	
Age	
Allergies	_____
Medications	_____
Sleep Routine	_____
Comfort Items (blanket, toy)	_____
Favorite Foods	_____
Foods to Avoid	_____
Emergency Plan	_____
Parent Contact	_____
Doctor Contact	_____

Notes :



EMERGENCY CONTACTS

QUICK ACCESS WHEN EVERY SECOND COUNTS.

Post this page on the fridge or save it in your phone. Share with daycare and caregivers.

Contact Type	Name & Phone Number
Parent 1	
Parent 2	
Pediatrician	
Nearest Hospital	
Babysitter	
Close Friend/Neighbor	
Work Contact	
Poison Control	

Notes :

CHILD INFORMATION SHEET

AT-A-GLANCE DETAILS FOR ANYONE CARING FOR YOUR CHILD.

Use this for babysitters, daycare, or family. Update every 3–6 months.

Section	Notes
Child's Name	
Nickname/What They Answer To	
Date of Birth	
Age	
Height/Weight	
Daily Routine Highlights	
Favorite Activities	
Things That Comfort Them	
Medical Conditions	
Notes for Caregiver	

Notes :



DAYCARE HANDOVER CHECKLIST

EVERYTHING PACKED, NOTHING FORGOTTEN.

Print this checklist, laminate it, and keep it near the front door. Use a dry-erase marker or mentally tick items each morning.

Daily Essentials

- ☐ Diaper bag / Backpack
- ☐ Lunchbox / Snacks
- ☐ Water bottle
- ☐ Extra clothes (1–2 sets)
- ☐ Comfort item (blanket / toy)

Health & Safety

- ☐ Medications (with instructions)
- ☐ Sunscreen / Hat (if outdoor play)
- ☐ Seasonal gear (coat, mittens, rain boots)

Paperwork

- ☐ Daily daycare log (Page 14)
- ☐ Caregiver notes (if updated)
- ☐ Emergency contact sheet (Page 16)

Health and beauty

- ☐ Fresh bedding (if daycare provides naps)
- ☐ Refill diapers & wipes
- ☐ Replace spare clothes if used

“Today’s special note:” _____

Notes :



DIVIDE & CONQUER

SHARE THE LOAD, REDUCE THE STRESS.

Task	Who's Responsible?	Due Date	Done?
Daycare drop-off			<input type="checkbox"/>
Dinner cleanup			<input type="checkbox"/>
Bath time			<input type="checkbox"/>
Grocery run			<input type="checkbox"/>
Laundry			<input type="checkbox"/>
Bills/Finances			<input type="checkbox"/>
Other			<input type="checkbox"/>



WEEKLY ACTIVITY PLANNER

PLAN PLAY, LEARNING, AND BONDING WITH EASE.

Choose 1–2 activities per day. Keep them simple — repetition is good for toddlers.

Day	Morning Activity	Afternoon Activity	Evening Activity
MONDAY			
NOTES			
TUESDAY			
NOTES			
WEDNESDAY			
NOTES			
THURSDAY			
NOTES			
FRIDAY			
NOTES			
SATURDAY			
NOTES			
SUNDAY			
NOTES			

Notes :



QUICK 10-MINUTE BONDING ACTIVITIES

FOR WHEN YOU'RE TIRED BUT STILL WANT CONNECTION.

- Read a favorite board book together
- Dance to 1–2 songs in the living room
- Color or scribble side by side
- Build a 5-piece puzzle together
- Cuddle and talk about the day
- Line up toy cars and race them
- Watch the sunset from the window



Notes :

INDEPENDENT PLAY IDEAS

FOR WHEN YOU NEED 15 MINUTES TO YOURSELF

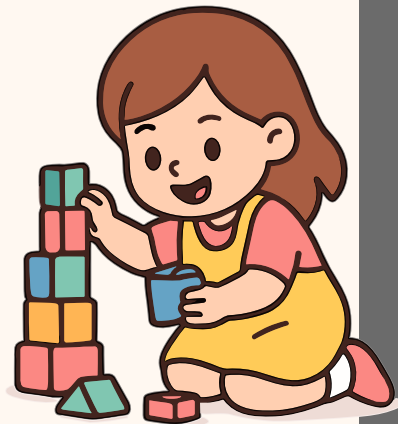
Creative Play:

- Stickers + paper
- Play-dough with safe tools
- Large coloring pages



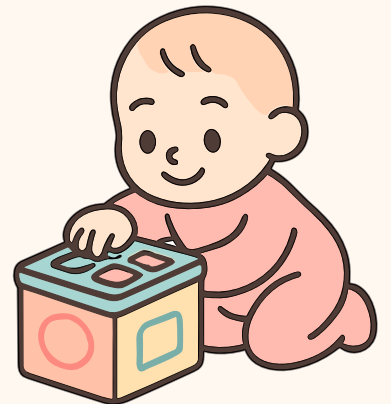
Quiet Play

- Sensory bin (rice, beans, pom-poms)
- Stacking cups or blocks
- Toddler-safe puzzles



Movement Play:

- Ball rolling
- Obstacle course with pillows
- Dance freeze game



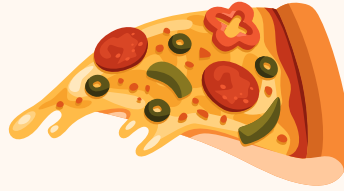
ALWAYS SUPERVISE, EVEN IF NEARBY.



WEEKEND FAMILY FUN LIST

SIMPLE MEMORIES, NOT COMPLICATED OUTINGS.

- Homemade pizza night



- Walk to a nearby park



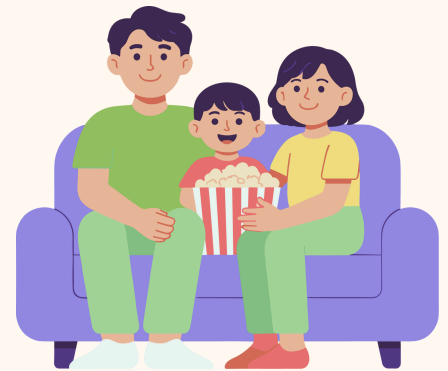
- Finger painting



- Family dance party



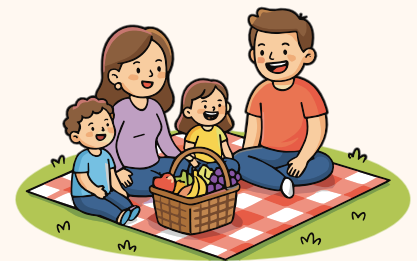
- Movie night with popcorn



- Short car ride adventure



- Backyard picnic



- 🎃 Seasonal craft (pumpkin painting, leaf art, etc.)



Notes :

TODDLER LEARNING TRACKER

CELEBRATE PROGRESS, NOT PERFECTION.

Skills	Morning Activity	Afternoon Activity	Evening Activity
Colors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
Shapes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
Numbers 1–10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
Alphabet letters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
New words	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
Self-feeding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			
Sharing toys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES			

Learning happens through play — checkmarks are just a fun way to notice growth.



WEEKLY MEAL PLANNER

TAKE THE GUESSWORK OUT OF MEALS.

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				



WEEKLY MEAL PLANNER EXAMPLE

A REALISTIC WEEK OF FAMILY MEALS.

	BREAKFAST	LUNCH	DINNER	SNACK
MON	Oatmeal + fruit	Sandwich + yogurt	Tacos	Apple slices
TUE	Smoothie + toast	Leftover pasta	Chicken stir-fry	Crackers
WED	Pancakes	Wrap + carrots	Baked salmon + rice	Cheese sticks
THUR	Eggs + toast	Soup + bread	Pasta + salad	Popcorn
FRI	Cereal + banana	Turkey sandwich	Homemade pizza	Grapes
SAT	Muffins + milk	Picnic sandwiches	BBQ chicken	Trail mix
SUN	Waffles	Leftovers	Slow-cooker stew	Cookies



TODDLER LUNCHBOX PLANNER

HEALTHY, SIMPLE, AND TODDLER-APPROVED.

	MAIN	VEGGIE/FRUIT	SNACK	DRINK
MON				
TUE				
WED				
THUR				
FRI				
SAT				
SUN				



TODDLER LUNCHBOX PLANNER (EXAMPLE)

A REALISTIC WEEK OF FAMILY MEALS.

	MAIN	VEGGIE/FRUIT	SNACK	DRINK
MON	Mini quesadilla	Apple slices	Cheese cubes	Water
TUE	Turkey roll-ups	Carrot sticks	Crackers	Milk
WED	Mini pasta	Grapes	Yogurt tube	Water
THUR	Chicken nuggets	Cucumber	Pretzels	Water
FRI	Mini sandwich	Raisins	Banana	Milk



BATCH COOKING & FREEZER MEALS

SAVE TIME, STRESS LESS.

MEAL	DATE COOKED	PORTION SIZE	FREEZE BY	NOTES

Aim to batch cook 2-3 meals each weekend. Future you will thank you.



SNACK IDEAS CHEATSHEET

QUICK, HEALTHY, AND TODDLER-FRIENDLY.

Fruits & Veggies



- Apple slices with peanut butter
- Carrot sticks with hummus
- Grapes (halved)
- Banana slices

Protein Snacks



- Cheese cubes
- Yogurt
- Hard-boiled egg
- Turkey roll-ups

Grains & Crunch



- Whole grain crackers
- Popcorn (plain, toddler-safe)
- Mini rice cakes
- Oatmeal muffins

Sweet Treats (in moderation)



- Yogurt drops
- Fruit leather
- Homemade banana bread

Special note: _____

Notes :

Notes :

GROCERY LIST

SIMPLE, SORTED, AND STRESS-FREE.

PRODUCE 🥬

DAIRY 🥛

PROTEIN 🍗

GRAINS 🍞

PANTRY 🥫

OTHER 🛒

--	--	--	--	--	--

Check your freezer and pantry before shopping to save money.



GROCERY LIST

Love this section? Get our Quick-Lunch Cookbook with 50+ 15-minute meals!



TODDLER SLEEP TRACKER

TRACK NAPS AND NIGHTS WITH EASE.

MONTH - _____

DATE	NAP TIME START	NAP TIME END	NIGHT SLEEP START	NIGHT SLEEP END	WAKE-UPS	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						



TODDLER SLEEP TRACKER (EXAMPLE)

TRACK NAPS AND NIGHTS WITH EASE.

MONTH - _____

DATE	NAP TIME START	NAP TIME END	NIGHT SLEEP START	NIGHT SLEEP END	WAKE-UPS	NOTES
1						
2						
3						
4						
5						
6						
7	1:15 PM	2:45 PM	8:00 PM	6:30 AM	1 (2 AM)	Needed water
8	1:30 PM	3:00 PM	7:45 PM	6:45 AM	0	Slept through
9	1:20 PM	2:40 PM	8:15 PM	6:15 AM	2	Teething pain
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						



EVENING WIND-DOWN CHECKLIST

CONSISTENCY = CALMER BEDTIMES.

- ☐ Dinner finished by 7:00 PM
- ☐ Bath time (warm water, calming soap)
- ☐ Pajamas + brush teeth
- ☐ Read 1–2 books together
- ☐ Lights dimmed
- ☐ Bedtime routine song or cuddle
- ☐ Lights out by 8:00 PM

Toddlers thrive on repetition — the same order each night helps their brain know it's bedtime.



CONSISTENCY = CALMER BEDTIMES.

CONSISTENCY = CALMER BEDTIMES.



NAPTIME TROUBLESHOOTING

FOR WHEN NAPS FEEL IMPOSSIBLE.

- 📖 Create a consistent nap space (dark room, white noise).
- ⌚ Stick to regular nap times — toddlers love predictability.
- 🍏 Offer a light snack before nap to prevent hunger wake-ups.
- 📖 Calm pre-nap activity (book, cuddle, song).



If nap fails, move bedtime earlier to avoid overtiredness.

SELF-CARE CHECKLIST

BECAUSE YOU CAN'T POUR FROM AN EMPTY CUP.

☐

Drink water before coffee

☐

Take 3 deep breaths

☐

Step outside for 5 minutes

☐

Journal 3 lines

☐

Call/text a friend

☐

Stretch for 2 minutes

☐

Listen to your favorite song








WEEKLY MOOD TRACKER

NOTICE PATTERNS, CELEBRATE WINS.

RECOGNISING LINKS BETWEEN YOUR MOOD AND YOUR ENVIRONMENT, MAY ALLOW YOU TO BECOME MORE SELF-AWARE. AT THE END OF EACH DAY, FILL OUT THE CHART WITH THE MOOD YOU FELT MOST OF THAT DAY.

WEEK OF: _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

REFLECTION NOTES



GRATITUDE JOURNAL

SMALL MOMENTS, BIG IMPACT.

Today I'm grateful for: _____

A small win I want to remember: _____

Someone who helped me today: _____



Gratitude turns what we have into enough.



MOM'S WEEKLY GOALS

CLARITY + PROGRESS = CONFIDENCE.

3 Focus Goals

1. _____

2. _____

3. _____

- Why this goal matters to me: _____

- First small step: _____

- Done by: _____

Keep goals realistic: 3 wins in a week is better than 10 unfinished tasks.



SUPPORT CONTACTS

YOU DON'T HAVE TO DO THIS ALONE.

Contact Type	Name/Service	Contact Information

♥ Reaching out = strength, not weakness.



TRACK SYMPTOMS AND CARE WITH CLARITY.

TRACK SYMPTOMS AND CARE WITH CLARITY.



SICK DAY SURVIVAL KIT

BE PREPARED BEFORE THE FEVERS HIT.

- ☐ Thermometer
- ☐ Fever reducer (age-appropriate)
- ☐ Oral rehydration solution / Pedialyte
- ☐ Tissues + wipes
- ☐ Extra pajamas + bedding
- ☐ Comfort toy or blanket
- ☐ Doctor's contact info handy

Always follow your pediatrician's guidance.





Dear Mama,

You're doing enough. You are
enough.

This planner is just a tool — the
real magic is you.

Celebrate your small wins, and
remember: balance is built one
choice at a time.



“One calm moment each day is
all it takes to reset.”



COPYRIGHT NOTICE

© 2025 BLOOMPARENTIFY. ALL RIGHTS
RESERVED.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, scanning, or otherwise — without prior written permission from the publisher, except in the case of brief quotations embodied in critical reviews.

For permissions: support@bloomparentify.com

DISCLAIMER

This digital product is for educational and informational purposes only. It is not intended as medical, psychological, legal, financial, or professional advice.

You are responsible for your own decisions, actions, and results.
Individual results may vary.

Always consult a qualified professional for personal guidance.

NON-TRANSFERABLE LICENSE

This product is licensed for individual use only.
Sharing, reselling, distributing, or reproducing is strictly prohibited.

TERMS OF USE

By accessing this digital product, you agree not to share, upload, publish, or distribute this content in any form. This product is protected under copyright law and is intended for personal use only.

Always follow your pediatrician's guidance.

