



# The Ultimate List of Resources for Busy Moms



OVER 74 OF THE BEST TOOLS, SERVICES, APPS,  
PRODUCTS & PODCASTS TO HELP MOM LIFE RUN A  
LITTLE BIT SMOOTHER

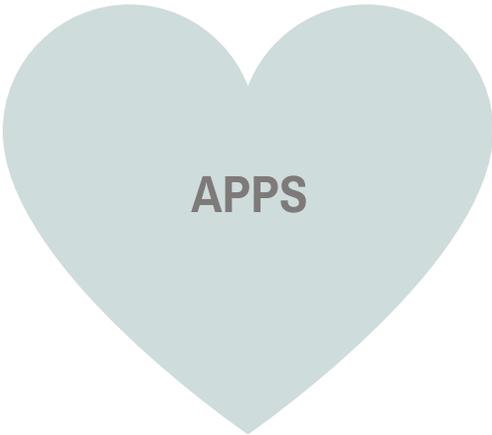
# Hey Mama!

I see you there and I understand the struggle; mom life is so hard! You are busy, you are tired, you are constantly chasing around stubborn toddlers who don't want their faces washed.

Unfortunately there's no app for snotty noses, but there are many other tools which can make family life easier to manage. So here is a list of some of the very best resources available to help a mama out. Because even Supermom needs a hand sometimes.

I have checked out or tested everything on the list, because I know you don't have time to waste on sifting through mediocre information. You have toddlers to catch.

Some of the following links are affiliate links. This means that should you click through and make a purchase from that website, I may receive a percentage of that sale at no extra cost to you. That being said, I will ONLY recommend products or services that I have personally tried or believe in.



**APPS**



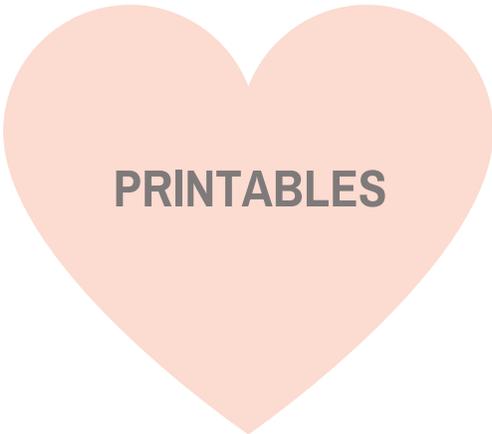
**PODCASTS**



**SUBSCRIPTIONS**



**COURSES  
&  
CHALLENGES**



**PRINTABLES**



**PRODUCTS  
&  
SERVICES**

# Apps

24 apps to help keep your family organized, entertained, safe and informed.

1. **Ovia Pregnancy** (free) A pregnancy app that will help you track your baby's development and answer any questions you have.
2. **The Wonder Weeks** (\$1.99) Helps to track your baby's mental development in the first 20 months.
3. **White Noise Baby** (free) Helps calm fussy babies and get them to sleep.
4. **Playground Buddy** (free) Helps you find a playground wherever you are.
5. **Carezone** (free) Manage and organize all of your family's medications.
6. **Life360** (free) GPS Locator keep track of your family.

**(the following 3 games have been quality tested by my boys!)**

7. **Plum's Creaturizer** (free) PBS Kids app that encourages creativity and outdoor play.
8. **Moose Math** (free) Mathematical adventure teaching counting, addition & subtraction, sorting and geometry.
9. **Wonster Words** (free) Alphabet, spelling & phonics with lots of silliness.
10. **Chores & Allowance Bot** (free) Keep track of family chores, allowance and savings goals.
11. **Happy Kids Timer** (free) Motivation app that turns children's morning routines into fun and games.
12. **Keepy** (free) Save your kid's artwork and mementos by turning them into a digital scrapbook.
13. **Cozi** (free with ads - paid upgrade without ads) Family organizer app with shared calendar, shopping lists and more. Keep everyone's schedule in one place!
14. **Todoist** (free) Clean & simple to do list for work and home promoting efficiency and collaboration.

- 15. Evernote** (free) Take notes, make lists, set reminders and never lose a brilliant idea.
- 16. Flipp** (free) Get all the weekly flyers in one app to simplify your shopping plan. Includes coupon match ups.
- 17. Checkout51** (free) Get cash back on grocery items like bread, cereal, granola bars and pet food. The brands you love, only cheaper!
- 18. Allrecipes Dinner Spinner** (free) Get access to a collection of 50,000 recipes, even while you're at the grocery store.
- 19. Key Ring** (free with ads) Save all your store loyalty cards to your phone so you'll never miss out on savings again.
- 20. MyFitnessPal** (free) Set goals, count calories, stay motivated, track weight.
- 21. Overdrive** (free) Borrow ebooks and audiobooks from your local library directly to your device. I listen to so many books using this app!
- 22. Memento** (free) A mini journaling experience app that pulls from your photos and social media to help you keep track of life's little happenings.
- 23. Bambino** (free) For finding local, trusted babysitters.
- 24. Picniic** (free) Organize all your family's tasks, activities and information including to-do lists, grocery lists, calendar, photos and events.

# Podcasts

Podcasts are a great way to add a little adult conversation to your day. Listen while you fold laundry or sip coffee! The following **8** podcasts all offer a perspective on Motherhood, parenting and daily life.

- 1. One Bad Mother** (explicit) An unfiltered view on motherhood with honest and hilarious conversations about the highs, lows and unexpected.
- 2. Brilliant Business Moms** Interviews with Mompreneurs killing it in their online business.
- 3. Boss Mom** Tips, tools and support for women raising a family and a business.
- 4. Coffee + Crumbs** A storytelling podcast about the art of motherhood. Expect laughter and encouragement.
- 5. The Simple Show** Main topics include books, home and travel. (Sometimes it's refreshing to listen to conversations about topics other than motherhood.)
- 6. The Mom Hour** Encouragement and tips from a couple of moms who have seen it all.
- 7. Unlocking Us** Conversations with Brené Brown and guests delving into what makes us whole-hearted humans. (I <3 Brené Brown!)
- 8. Risen Motherhood** Christian podcast for imperfect moms. Drawing inspiration and hope from the Gospel.

# Free Printables

Printables are a great way to keep mom life organized. Here are **19** of the best (and prettiest) free printables to help keep your budget, meals, chores & prayers on track. (Although these printables are free, in some cases you may have to give your email address in exchange for access.)

- 1. Simplify Dinnertime** A bundle of printables to help simplify dinnertime on a budget!
- 2. Budget Sheets** Beautiful monthly budget and expense sheets again from Printable Crush. She also offers a course on designing your own printables!
- 3. Journal Prompts** 60 Thoughtful journal prompts for moms. Pretty floral printables to tuck inside your journal.
- 4. First Day of School** Adorable First Day of School posters to commemorate your little ones achievements. By Elizabeth of Frugal Mom Eh. There you'll find recipes, travel & party ideas.
- 5. Chore Chart** A great idea by Abby from Just a Girl and Her Blog. She has adapted a simple goal chart into a weekly chore/activity chart for kids! Her site is full of helpful organizational tips and tricks.
- 6. Password Keeper** This is a great password keeper sheet with lots of space for all the necessary login details. By Neat House Sweet Home.
- 7. Boredom Jar** 144 ideas to curb kid boredom. Print them off, cut them up and put them in a jar. Draw one out when someone says "I'm boooored". By Practical Perfectionut.
- 8. Gift Ideas** Printable list of 52 awesome gift ideas for kids to use as a reference.

- 9. Goal Setting** A realistic goal setting strategy for busy moms.
- 10. Health & Fitness** Keep track of your daily health and fitness routine with this simple printable from Emily Ley. There is a whole page of lovely free printables on their site!
- 11. Party Planning** Pretty set of printables to help plan and execute the perfect party. From Jamie Barlett Design.
- 12. Pregnancy Health** Keep track of your daily nutrition with this handy pocket sized chart. By Carolynn of Fab n' Free. She has many other freebies on her site too.
- 13. Cleaning Checklists** A room by room set of checklists to help keep your cleaning tasks organized, with a customizable version as well. By Alli of Scattered Squirrel.
- 14. Home Management** An amazing Index of 300 printables by Alli. Anything you might need for home management or organization can be found here!
- 15. The Stop Yelling Handbook** Sometimes, Mamas yell. It happens. The little people we love most in the world can make us crazy! This printable handbook will help you get at the root of your anger and get control when you feel like you're losing it.
- 16. Pantry Labels** Customizable and adorable spice jar and pantry labels.
- 17. Emergency Checklist** Be prepared in case of an emergency. There is also a coordinating Family Emergency Plan printable. By Mique of Thirty Handmade Days.
- 18. Housework Overwhelm** Use this worksheet to help identify trouble spots in your home and help you stay on top of the work without getting overwhelmed!
- 19. Workbook for work at home moms** Helpful workbook to simplify working from home.

# Courses Challenges

A selection of **8** courses and challenges to help you reach your goals as a Mother and home maker and refocus on your priorities.

## 1. Make Over Your Mornings

Do you feel exhausted and defeated before you even get out of bed in the morning? This is an amazing 14-day course delivered through daily videos and workbook. Learn strategies to turn your mornings around, rediscover your priorities and breathe new life into your day. This course is created by Crystal Paine of Money Saving Mom, she knows what's what. This is not a course about waking up early! Crystal goes through very specific and actionable tips that you can use to revolutionize your mornings!

## 2. Embracing Single Motherhood with Grace and Faith

A free course for Christian single moms trying to navigate parenthood solo. Encouragement and tips for moms to help deal with the struggles and anxiety of parenting through faith. By Sacha of Clothed With Dignity.

## 3. Positive Parenting Mini-Courses

A series of mini courses on a wide variety of topics including intentional parenting, anger management for kids, picky eaters and so much more. By Sarah of Dandelion Seeds Positive Parenting.

## 4. Plan to Thrive

A 5-day free challenge by Terryn of Just a Simple Home. This challenge will help you learn how to set goals that are realistic and attainable so you don't end up discouraged by unreasonable expectations. Get back on track with your priorities!

## 5. The Simplify Course

A 4-week free course to help you banish the overwhelm, by Christina of Embracing Simple Blog. This course will help you deal with some of the chaos in your life by tackling the issues of clutter, technology, time management and busyness. Simplify your home, mind and schedule.

## 6. Banish The Mom Funk

A 7-day free challenge to help you shake off the feelings of frustration, anger, sadness and overwhelm associated with being in a 'mom funk'. Discover the tools, strategies and habits that can lead to a more peace-filled approach to motherhood. By Amanda from Dirt and Boogers.

## 7. Mama's Anger Management

A comprehensive 4-week course to help you learn to find peace and calm through the chaos. We are all doing our best as Mamas, but sometimes we snap, we get angry and yell when we really don't want to and then the guilt sets in. Motherhood is so hard. If you're at a loss for how to regain control, then this course is for you. Designed by Amanda Rueter, a mental health therapist and mom of two boys. Discover your triggers and learn how to refocus and reconnect with your children!

## 8. How to Start a Mom Blog

Learn how to get started making money from home with a blog. This free course includes tips on revenue streams, how to structure your blog and suggestions of topics. By Suzi of Start a Mom Blog.

# Subscriptions for Mamas



Subscriptions are an amazing and easy way to introduce a little self-care and pampering into your life. These **6** recommendations are so fun and will leave you eagerly anticipating mail day! Treat yourself Mama, you deserve it!

- 1. Woven Pear** Cheerful, **soft cotton socks** with original prints like giraffes, pineapples and cacti! Just looking at the website will make you smile. So treat your mama-self to a little bit of silliness and a lot of comfort with a 'sockscription'!
- 2. Penny + Grace** Dainty and **delicate minimalist jewelry** perfect for layering. Every month you get three new, modern pieces that will suit any style. It is happiness in your mailbox! I had a subscription for a long time and looooved it! Highly recommend.
- 3. Home Made Luxe** Beautiful **home decor craft kits**. Included are all the supplies and instructions to create a lovely home decor piece each month.
- 4. Simple Loose Leaf** Every month you'll receive a selection of **four loose teas** in a variety of flavours. This is a fantastic way to try new mixes without having to purchase a whole canister.
- 5. Confetti Collection** A bi-monthly curated box full of **stationary, gifts and other novelties**. Journals, greeting cards, zip pouches, key chains etc. Exactly the kind of goodies I browse through at the store!
- 6. GreenUp** A bi-monthly box filled with beautiful items to help you ditch the plastic! **Re-usable or eco friendly items** that replace disposable plastic versions.

# Subscriptions For Kids



Do you struggle to find interesting and creative activities for your kids? Or maybe you have lots of ideas, but simply no time to implement them? I hear ya. Subscription boxes for kids takes care of all the preparation work, provides you with exactly the amount of supplies you'll need and gives the kiddos something really exciting to look forward to every month.

- 1. Superpower Academy** This subscription box is something extra special. It's a **STEM & Social Emotional** monthly box with 'secret missions' for kids aged 5-10.
- 2. Kiwi Crate** Kiwi Crate boxes contain a cool **art, science or engineering project** plus ideas for further tinkering. The materials are excellent quality and the projects inspire creativity and curiosity. (My son went nuts for his boxes! And I was so impressed with the quality and educational value.) Each box also comes with a magazine with more games and ideas for experimenting.
- 3. Pipsticks** Is there any child who doesn't love stickers?! Get a monthly mix of **fun stickers and papers** to jump start their creativity. There's also a grown-up version of this subscription for planner addicts and crafty mamas! My boys (ok and me!) loved getting these sticker collections in the mail. We had a lot of fun with them!
- 4. Think Outside** This is another really unique box. It contains **items and activities to get your kiddos outside** and exploring! There are themes and challenges and high quality outdoor gear.

# Products & Services



Here are **5** ideas for products and services that can help simplify your busy mom life.

## 1. Hello Fresh

My life got so much easier when I finally signed up for Hello Fresh. It is a **weekly food delivery service**. You get all the pre-measured ingredients (some of them are pre-chopped too!) including veggies and meat, plus recipe cards, to create 3 different meals.

You can choose from different plans depending on the number of people in your household. The food is fresh, plentiful and high quality. Click the link to score \$40 off your first box!

## 2. Artkive

Are your little ones prolific artists? Not sure what to do with all the artwork? Send it to Artkive and they will turn it into **professionally photographed hard cover books** for you! This is a brilliant solution to the question of what to do with all your kiddo's creations!

## 3. Put Me In The Story

**Best-selling books personalized with your child as a character!** These books make for such a thoughtful gift, not only for your own children but for little friends and family members too. I had a book like this growing up, and I absolutely loved it! This is an easy way to provide a beautiful gift to a child that will last way beyond the birthday party and that you know they will cherish.

## 4. Mabel's Labels

**Personalized labels** are a life-saver for parents! (My son lost his snowpants at school THE FIRST DAY he took them because we forgot to label them!) Get beautiful labels for all your kiddo's items to use at school, daycare or summer camp.

## 5. Rakuten

Get **cash back when you shop** online at stores like Old Navy, Amazon, Walmart and Indigo. I seriously can't believe how long it took me to jump on this band wagon. There are so many stores that I already purchase from regularly that I could have been getting cash back from! Now I know, and you do too. I've earned 100s of \$\$ in cash back so far. Use my link for a bonus \$5 cashback on your first purchase of \$25!

You made it to the end! I truly hope that you found some of these suggestions helpful. If you have any questions or comments for me I'd absolutely love to hear from you! And if one of my recommendations has made a difference in your life, please tell me about it!

Email me at [laura@theyellowbirdhouse.com](mailto:laura@theyellowbirdhouse.com)