

45 RANDOM ACTS OF KINDNESS IDEAS FOR MOMS

1. leave \$1 bills around a dollar store (especially in the toy section!)
2. pay for the person behind you in the drive-thru
3. tape money on a vending machine with a note that says "treat on me!"
4. leave diapers and wipes at a changing station
5. tape quarters to a kiddie ride in/outside a store
6. tape money for a kids meal in a zipper bag in a restaurant bathroom
7. write a thank you note to her from her child
8. a grocery store gift card
9. a gas station gift card
10. a restaurant gift card
11. pay for coffee behind you
12. leave coupons for baby or kid items/meals in appropriate places
13. give up your seat on public transit
14. compliment her outfit
15. compliment her kids' behavior
16. introduce yourself to the new mom at the meeting, practice, or recital
17. let a tired mom and her kiddos go ahead in line in front of you
18. pay for her manicure or pedicure
19. pay for a massage
20. offer her a free night of babysitting for date night or time to herself
21. offer to pick up her child when you know she has a busy afternoon
22. call to see if she needs anything while you are at the grocery store
23. offer to take her kids with you when you go to the park
24. keep an extra umbrella in your car and give it to a mom with her kids
25. donate diapers and wipes to a pregnancy center
26. donate diapers and wipes to a homeless shelter
27. go to a laundromat and tape some money in a baggie to a washer or dryer
28. leave detergent with a tag that says "Take Me I'm FREE" at laundromat
29. tape a bag of microwave popcorn to the Redbox machine
30. add coins to her parking meter
31. buy gift card to local ice cream parlor or frozen yogurt spot
32. wash her car
33. if your waitress tells you she has kids, slip her a few extra dollars in your tip
34. buy and deliver one of their favorites (lunch item, coffee, ice cream, etc.)
35. slip an envelope with a few extra dollars in it into a mom's shopping cart
36. even if she's a stranger, tell another mom she's doing a great job
37. leave dollar bills inside library books for moms
38. put \$1 bills in a Redbox case with a note that says snacks are on you
39. leave pool toys at the pool with a note to take it home
40. leave granola bars in the children's area at the library
41. leave an empowering and inspirational note at the baby changing station
42. send her flowers at work with an appreciative note
43. leave a dollar for chocolate taped in the feminine products aisle
44. leave a thank you note, taped in the baby products aisle
45. leave free flowers with notes attached in the pickup area of a local daycare