

Random Acts of Kindness

FOR MOMS OF LITTLE KIDS

www.MommysBundle.com for WondermomWannabe

1 Hold the door when you see her coming	2 Give her your parking space	3 Entertain a fussy baby at checkout	4 Smile and greet a mom	5 Don't judge or stare during a public outburst
6 OFFER KIND WORDS AND SUPPORT	7 Pay for her coffee	8 OFFER UP YOUR SEAT	9 Make conversation with a mom at school	10 Encourage your kids to play with her kids
11 Set up a playdate	12 Forgive a mom who flaked out	13 Reach out to a mom you haven't seen in ages	14 Be kind when you disagree with a mom's parenting	15 Compliment her
16 Compliment her kids	17 Share a real imperfect moment on social media	18 Remind her that motherhood is NOT easy	19 Share how you found your mom tribe	20 Don't brag in the midst of her struggles
21 Like and comment when she shares pictures online	22 Do her laundry	23 Create a gift basket for a new mom in the NICU	24 Cook a meal for a new mom	25 Offer to babysit her kids
26 WASH YOUR HANDS AND OFFER TO HOLD HER BABY	27 Leave encouraging notes in public places	28 Tell her she's doing a great job	29 Donate to a mom in need	30 Hug a mom you love



Spread kindness.

