



Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less

Robyn Spizman, Evelyn Sacks

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Rock Your Routine and Be the Happiest Mommy on the Block

Moms will concur—routines and creative ideas help your day and save your sanity. And once you've established a routine that works, the inclination is to stick with it until the kids are off to college. But sometimes the rigidity of a 'tight ship' doesn't allow much time for good-old fashioned, spur-of-the-moment fun. Well, hang on to your itinerary because here comes *Eat, Nap, Play*!

Written by moms for moms, this timely guide centers on back-to-basics philosophies: *spend quality time with your kids and spend less money*. But this is not a guilt trip—it's a fun-filled adventure. Jam-packed with clever, cost-effective, low-maintenance, often nostalgic ideas you can easily slip *into* your existing routine, *Eat, Nap, Play* shows you how to turn everyday mayhem into precious moments to build memories, foster growth, strengthen bonds, and just have fun.

- Simple trips to the mall or grocery store transform into treasure troves of adventure
- Beat boredom in unique and unexpected ways while in the car or on the go
- Find out how to plan the perfect, age-appropriate parties for less
- Get the most out of the latest technology and discover a ton of useful websites along the way
- Plus, unearth cash-free ways for kids to learn, socialize, and grow into independent and resilient people

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Benjamin Williams:

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