



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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From reader reviews:

Lillie Levine:

Have you spare time for a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the actual Mall. How about open as well as read a book allowed Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less? Maybe it is to become best activity for you. You know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have additional opinion?

Maria Vanness:

As people who live in typically the modest era should be update about what going on or details even knowledge to make them keep up with the era which is always change and advance. Some of you maybe will probably update themselves by looking at books. It is a good choice for yourself but the problems coming to an individual is you don't know what one you should start with. This Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

Norris Patterson:

What is your hobby? Have you heard which question when you got college students? We believe that that issue was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person just like reading or as reading become their hobby. You need to know that reading is very important as well as book as to be the matter. Book is important thing to incorporate you knowledge, except your personal teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you go onto be your object. One of them is actually Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less.

Scott Anderson:

Some individuals said that they feel fed up when they reading a guide. They are directly felt this when they get a half areas of the book. You can choose often the book Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less to make your reading is interesting. Your skill of reading skill is developing when you just like reading. Try to choose easy book to make you enjoy you just read it and mingle the impression about book and looking at especially. It is to be first opinion for you to like to open up a book and examine it. Beside that the guide Eat, Nap, Play: How to Get Even More Out of Your Child's Day for Less can to be a newly purchased friend when you're feel alone and confuse with the information must you're doing of this time.

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