

# Toddler Mom Sanity Checklist

Your go-to guide for making toddler life a little smoother (and a lot more manageable).

## ■ Diaper/Backpack Essentials:

- Extra outfit
- Wipes + diapers/pull-ups
- Snack pouch or bar
- Small toy or book
- Water bottle/sippy cup

## ■ Busy Bag Refills (Weekly):

- Small toys (rotated)
- Sticker book or crayons
- Emergency snack stash
- Mini hand sanitizer

## ■ Weekly Prep List (Sunday):

- Lay out outfits for the week
- Restock snack bins at home & car
- Refill travel potty supplies
- Wash bibs + restock kitchen drawer

## ■ ■ Easy Meal Ideas:

- Pasta with hidden veggies
- Toddler charcuterie: cheese, fruit, crackers
- DIY mini pizzas (let them help!)

## ■ Reminder:

You're doing a great job. A meltdown doesn't mean failure—it just means you're in the toddler stage. Deep br