

NINE THINGS DADS CAN DO TO GIVE MOMS A BREAK

<http://parenting.allwomenstalk.com/things-dads-can-do-to-give-mom-a-break/9/>

Here are a few things dads can do to give mom a break! Being a mom is a wonderful job, but there are days when it's nice to have few moments of peace and quiet. This list is great to show to your spouse or **#boyfriend** if you know he would love to help out but doesn't really know where to start. Please keep reading to learn things dads can do to be a big help to mom!

1. PICK UP AFTER THEMSELVES

One of the **#things** dads can do to make it easier on moms is to pick up after themselves. Keeping a house in order is no small feat, and if you have one or more munchkins underfoot, your job may seem like it's never over! Dads can help moms by putting away their own clothes, dishes, and other items on a daily basis.

2. OFFER TO HELP WITH CHORES AND ERRANDS

Sometimes the day just isn't long enough to fit **#everything** in. Which is why a helping hand with chores or errands can be a godsend! If dad has a day off, he can go with mom while she runs the errands to keep the kids occupied or to help push the grocery cart. You'd be surprised at how much of a help this can be!

3. WATCH THE KIDS WHILE MOM RELAXES

After an especially taxing day, moms need to unwind too. Maybe a catnap or a bubble bath would help de-stress and relax her! If dad can entertain the little ones for an hour or two, mom can sneak off to relax uninterrupted!

4. OFFER TO BABYSIT FOR THE DAY

Moms work hard and give unselfishly of their time, so getting a day all to herself would be a rare treat. Dads can offer to take the kids for a day so mom can go shopping, get her nails done, or lie in **#bed** and sleep all day if she wants! Having that precious **#time** all to herself will help her re-coop and de-stress in a big way.

5. BRING HOME DINNER

One of the nicest **#things** a dad can do is come home with dinner. Restaurant take-out, pizza, or groceries to whip up something himself, it won't matter to a worn-out mom! Some days are busier than others, and especially if mom forgets to defrost the meat, dinner can be more stressful than it should have been.

6. TAKE HER CAR TO BE SERVICED

Why not take your partner's car and have it serviced? For moms on the go, remembering to gas up may be a miracle, let alone getting the oil changed or getting the car washed. This tip would make for a nice surprise!

7. ARRANGE A DATE NIGHT

Here is something really sweet that dads can do to give moms a break. Arrange a date night, all by yourself. Set up babysitting, make dinner reservations, and plan [#everything](#) out. It will give mom and dad BOTH a break from the kiddos, and give you some much-needed [#time](#) together!

8. BE A REFEREE

For those occasions when siblings won't stop disagreeing, or don't want to heed mom's warnings, it can help if dad steps in. For a mother who has been playing referee all day, it can be nice to have someone reinforce the rules! Dads are great for this kind of stuff.

9. GIVE HER A PAT ON THE BACK

What moms need most from dads is just a loving shoulder to lean on. Someone to let them know they are doing a good job even if they feel like they had a bad day. Sometimes a hug, a bouquet of flowers, or a gentle squeeze can go a long way!

Dads don't always have an easy job, and I certainly don't want to detract from that. But for mothers, whether they are stay-at-home moms or working moms, [#things](#) can get overwhelming. This list has some great ideas of ways that dads can step in and give mom a moment to catch her breath and save some sanity! What is your favorite tip from my list?