

# BUSY MOM'S *Cheat Sheet*



RAISING HAPPY HEALTHY KIDS

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LILLY CADDOCH

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## Busy Mom's Cheat Sheet: Raising Happy Healthy Kids



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Finally – a book that means it is easy to understand how to feed your children body, mind and spirit for ultimate health insurance and happiness! - Do you have the desire to feed your children healthy food but have no idea where to begin? In the spirit section, she describes the advantages of meditation and affirmations and shares many preferred techniques. This is a kind information for any parent, one which reminds them to apply and teach self-care. After that this reserve is for you! In this book become familiar with how to educate your children to: - Make healthier meals choices including 18 guidelines for foods to avoid - Possess a battle-free of charge and enriching bedtime routine - Integrate regular physical exercise into your kid's weekly schedule - Incorporate time management skills to allow more leisure time - Reprogram their thoughts for success to handle life's inevitable difficulties - Includes 45 bonus quality recipes that are easy, quick and delicious! Lilly Cadoch, award-winning author, certified wellness coach and mother of two boys, explains in a straightforward and understandable way, body, brain and spiritual lessons to teach your children. After witnessing first-hand the tremendous results it has got in her family, she wrote this publication to share these lessons with all caregivers and their children. She learned these lessons the very difficult way over a long time and vowed to change that whenever she had her children. She also covers essential topics like the importance of sleep and exercise. Busy Mom's Cheat Sheet gained two finalist awards in the family/parenting category at the 2016 Next Generation Indie Book Awards and 2016 Visitors' Preferred International Award Contest. Publishers Weekly "Cadoch, a qualified health coach, is specialized in her kids; like many parents, she struggles with juggling jobs and feeding her children easy and healthy meals that they like. Cadoch's definitive goal expressed here is for all children to have healthy, well-nourished bodies, thoughts, and spirits, and she reduces her thoughtful instruction into these types. In the body section, she discusses teaching kids to read and understand food labels so they know how certain substances affect the body. This book is an instant guide aimed at simplifying a lot of information right into a very available and easy to understand way. In your brain section, Cadoch shares even more lessons she's discovered; (BookLife) To learn more visit [www. - Are you a modern parent desperate for balance for your children in a busy lifestyle? Finally, Cadoch carries a short appendix of healthy dishes that her children like, from berry nutty smoothies to lovely and sour meatballs. - Perform you get worried that your children may not really have all of the necessary tools to reach their complete potential? she encourages parents to share stories of overcoming failing and to teach kids accountability and a good attitude in order to equip their minds for success.](http://www.BusyMomsCheatSheet.com) [BusyMomsCheatSheet.com](http://www.BusyMomsCheatSheet.com)



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not only for kids - great advice for parents, too I got this reserve because I wanted to provide my kids a wholesome start, but didn't understand how since We wasn't very healthy myself. I highly recommend this reserve to anyone who would like to have a healthy happy family. Great book for busy dads ! It didn't just give me advice for healthy eating habits and great everyday recipes, but I must say i got so much out of the "healthy mind" aspect of the book. These simple approaches for teaching kids how exactly to learn from failure and also have a positive mindset about meeting challenges, also advantage me!! Well, this is just what we needed! It's an excellent resource for adults and children alike. It really opened my eye, educating me on foods I believed were healthy that really are not and by sharing this with my sons, Personally i think great understanding I'm empowering them to take control of their own health and well-being. Many brief cuts to keeping your kids healthful! My kids are practicing the breathing exercises to calm themselves down before a ensure that you I'm finding myself using them at work too. I'm very little of a prepare, but these quality recipes look pretty easy and quick, which I guess is the stage for our occupied lifestyles. A fast easy read, I understand I'll be referring to this book frequently. Sue Velella, educator/fitness instructor Five Stars Loved this! Love thus Book!! Perfect Book For Moms WHO WOULD LIKE a Healthy Kid I have been waiting for a book such as this since my girl was just learning to eat solids (she actually is today 6). Lilly Cadoch is definitely creative in her suggestions and truly inspired me to changeover healthier suggestions she suggests in my own entire home and my life. I needed my child to get used to eating foods which were ideal for her gut and for her nourishment. I originally bought this publication for recipes but seriously got a lot more. This book has taught me therefore much and we like the recipes! I've so many adult close friends that have Celiac and Crohn's and the even more I thought about it the more I understood that their eating habits were founded at a age. Love the recipes Such a useful tool, very useful tips. Seriously the greatest gift any mother can give their kids. In one super busy mother to the next From one super busy mother to another, this book helped me personally so much.! All the information isn't only applicable to your kids but to yourself aswell. Working long hours in a demanding job, I just needed something quick and easy that I possibly could incorporate into my entire life. A must have for any caregiver! It 1st taught me in such an easy to understand way how exactly to teach my kids how exactly to eat healthy. This book is fantastic if you would like to learn how exactly to eat and think healthy. I loved the mind & Lilly's no non-sense and common sense approach is perfect for modern mothers. The recipes are great and those smoothies have been lifesavers on rushed mornings when my children don't have time to sit back for a proper breakfast. I'm going to be def giving this book as gifts for my kids teachers and mom friends during holidays. This book helped me as much as it helped my kids. HIGHLY Recommend! We all know how to read food labels, and know foods to avoid also if package says things such as natural or healthy. We recommend this book for just about any caregiver looking to enhance their health and the health of their family. I now understand how to live a healthier lifestyle and eat well without sacrificing on flavor! The book includes a ton of tips that were easy to comprehend and follow. I was able to relate to the author's stories about her family and how important it really is to have guidelines for healthy living.! The Busy Mom's Cheat Sheet certainly exceeded my high expectations and is a must for each and every busy mom's kitchen. Get this book! The writer has made a clear, readable, thoughtful book that can help any and every mother (and dad) out there. This publication is parent to mother or father so it is relatable and honest. You aren't reading what a "professional" thinks parenting ought to be like but rather from a real parent running a true to life. Highly suggested. Lilly's no nonsense and common sense approach is perfect for modern moms As a

busy, functioning mom of two kids I am always looking for healthy quality recipes and new ideas to keep my children healthy. spirit chapters and understand right now more than ever how mindset can really affect physical wellness. I treasured all her quick and healthful recipes, specifically the smoothies, ideal for breakfast on the run! I recommend this book to moms I highly recommend this reserve to moms, both new and seasoned, as well as almost all dads! As an early on childhood educator and qualified yoga and Pilates instructor, I know how important it really is to fuel growing bodies with healthful foods. Enjoy this reserve, and enjoy eating and then feeling better along with your kids!! I saw that the young learners in my classroom had been proud and excited to consume the healthy choices that were suggested for classroom snack time. Many thanks! Not just great for busy moms -- ideal for busy uncles, too! This book is filled with so much great information regarding how exactly to raise children who love vegetables and charity work and who are actually just good human beings. Thank you!!! Thank you so much for providing all of us busy moms with methods to help keep our family members healthy. Everybody knows how difficult it really is to eat right while maintaining hectic schedules. I have bought many books that I thought would address my concern but this is the first one that really nails it. Loved the recipes Loved the recipes! The recipes had been so simple to make, delicious and child friendly!! This book also has a great mind/spirit section I wasn't expecting. I highly recommend this book in an effort to make some meaningful positive change in your life and the life span of your children. Grab the reserve to get ready a healthy meal in no time at all. I highly recommend it! We don't know what I'd do without this publication in my own kitchen (and existence)! Lilly Cadoch has offered me with a simple method to feed my family delicious, healthy foods and snacks while all of us are on the GO! Making that the norm inside our own homes for each meal is easy related to Lilly Cadoch's down-to-Earth ideas.! I highly recommend it! I like that this is the book that's guiding me to greatly help teach my girl the correct info to live a healthy existence. Love the recipes!



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