



**BUMPS TO BIGS**  
LEARN.LOVE.GROW.

## Dad Hacks

Being a stay-at-home dad is a high-stakes balancing act between "Facility Manager," "Executive Chef," and "Entertainment Director." Here is a large list of practical hacks organized by category to help you stay ahead of the chaos, regardless of your kids' ages.

### Cleaning & Organization

The goal here is "Resetting the House" so you don't wake up to a mess.

- **The "One-Load-A-Day" Rule:** Never let laundry pile up. Start a load every morning and commit to folding it before bed.
- **The "Timer Reset":** Set a timer for 15 minutes before nap time or bedtime. Everyone (even toddlers) races to put as many things away as possible.
- **Open-Bin System:** Kids (and tired dads) are more likely to put things away if they don't have to struggle with lids. Use open baskets for toys, shoes, and gear.
- **The "Laundry Delay" Hack:** Set your washing machine's delay timer so it finishes exactly when you wake up or get back from school drop-off.
- **Command Center:** Use a wall-mounted whiteboard for a family calendar, meal plan, and "To-Buy" list. If it isn't on the board, it doesn't exist.

### Meal Prep & Kitchen

Feeding the crew is often the most time-consuming part of the day.

- **"Cook Once, Eat Twice":** Whenever you make rice, pasta, or grilled chicken, double the portion. Half goes into tonight's dinner; the other half is a "head start" for tomorrow's lunch.
- **The Mince Prep:** Spend 10 minutes on Sunday mincing a massive jar of garlic and ginger in olive oil. It saves you from peeling and chopping every single night.
- **Smoothie "Trash" Bags:** When fruit starts to look slightly wilted, chop it up and throw it into individual freezer bags with a handful of spinach. In the morning, just add liquid and blend.
- **DIY Snack Station:** Dedicate a low drawer or shelf to healthy, pre-approved snacks. Kids can help themselves without asking you every 20 minutes.
- **The Sheet Pan "Cheat":** On your busiest days, throw meat and veggies on one tray, season heavily, and roast. Minimal dishes, maximum nutrition.



**BUMPS TO BIGS**  
LEARN.LOVE.GROW.

### **Household Maintenance**

Keep the "facility" running smoothly with minimal effort.

- **Filter Dating:** Every time you change your HVAC filter or water filter, write the date in Sharpie directly on the new one. No more guessing when it was last changed.
- **The Trunk Kit:** Keep a plastic bin in the car containing: a full change of clothes for everyone (including you), a towel, basic first aid, and a "boredom bag" (stickers, small toys).
- **YouTube University:** Before calling a pro, search "Brand + Model + Problem" on YouTube. 80% of appliance issues are 5-minute fixes with a screwdriver.
- **The "Wait and See" Basket:** Keep a basket for things that need to go to the garage or basement. Only make the trip once the basket is full to save steps.

### **All-Ages Engagement**

Hacks to keep them busy so you can actually get stuff done.

- **The "Helper" Chore:** \* **Toddlers:** Give them a spray bottle of water and a cloth to "clean" the baseboards while you mop.
  - **Elementary:** Have them sort the laundry by color or match socks (call it a "matching game").
  - **Teens:** Teach them one "signature meal" they are responsible for cooking once a week.
- **Toy Rotation:** Divide toys into three bins. Keep one out and hide two in the garage. Swap them every month. It feels like "Christmas morning" every time you rotate.
- **The "Silent" Car Hack:** For long drives, use a headphone splitter. They watch/listen together; you get silence (or your own podcast).
- **Low-Stakes Competitions:** Need the yard picked up? "First one to find 10 sticks gets to pick the movie tonight." Dads thrive on gamification—your kids will too.

**Dad Pro-Tip:** Perfection is the enemy of a happy home. A clean kitchen and happy kids are a win. If the beds aren't made, let it go.



**BUMPS TO BIGS**  
LEARN.LOVE.GROW.

## The "High-Efficiency Dad" Daily Schedule

Designed around school drop-off (approx. 8:00 AM) and pickup (approx. 3:00 PM).

### 7:00 AM

#### The Launch

- Breakfast & lunches. Clean as you go—dishes in the dishwasher before you leave the house.

### 8:30 AM

#### The "One Load"

- Return from drop-off. Immediately start one load of laundry.

### 9:00 AM

#### The Power Hour

- Daily Deep Dive (Pick one room per day, 30–45 mins max).

### 11:00 AM

#### Head Start

- Defrost tonight's meat and chop veggies while making your own lunch.

### 1:00 PM

#### The Flip

- Move laundry to the dryer. Quick 10-minute floor sweep.

### 2:30 PM

#### The Pre-Game

- Empty the dishwasher and set the table before you leave for pickup.

### 3:30 PM

#### The Decompression

- Kids home. Shoes/bags go in their Open Bins immediately.

### 5:30 PM

#### Dinner

- Use the "Cook Once, Eat Twice" prep from earlier.

### 8:00 PM

#### The Reset

- 15-minute family tidy. Fold that one load of laundry while watching TV.



**BUMPS TO BIGS**  
LEARN.LOVE.GROW.

## The "Sequel Meal" Weekly Plan

This plan uses a "Master Protein" strategy so you aren't starting from scratch every night.

- **Monday: The Big Roast**
  - Meal: Sheet-pan roasted chicken thighs with potatoes and double-batch broccoli.
  - The Hack: Roast 4-5 extra chicken thighs for tomorrow.
- **Tuesday: Taco/Quesadilla Night**
  - Meal: Shred the leftover chicken from Monday for quick tacos or quesadillas.
  - The Hack: Chop extra onions/peppers for Wednesday.
- **Wednesday: The Slow-Cooker "Dump" Meal**
  - Meal: Beef Chili or Pot Roast (set it at 10 AM).
  - The Hack: Make enough to fill a large Tupperware for Thursday.
- **Thursday: The "Transform" Night**
  - Meal: If you made chili, serve it over baked potatoes or pasta (Chili Mac). If you made pot roast, make beef sliders.
- **Friday: Pizza & Movie Night**
  - Meal: Store-bought dough or frozen pizzas.
  - The Hack: This is your "Low-Stakes" night. Use up any random veggies left in the fridge as toppings.

## The Daily Focus (9:00 AM Zone)

To avoid being overwhelmed, focus on only one major area per day:

- **Monday:** Kitchen (Clean microwave, wipe appliances, fridge audit).
- **Tuesday:** Bathrooms (Scrub toilets/sinks, change towels).
- **Wednesday:** Floors (Vacuum all rugs, mop the hard floors).
- **Thursday:** Bedrooms (Change bed sheets, dust surfaces).
- **Friday:** The "Out-Box" (Declutter toys, take out all trash/recycling, prep for the weekend).