



Building connections can be tough, especially during this busy stage of life. Keep these cards handy when you come across another parent in the wild and want to break the ice toward friendship in a lighthearted, fun way.



Hey, wanna be my mom friend?

My name is _____.
I would love to get together for a playdate or mom-time.

I'm giving you this because:

- I forgot how to talk to other adults.
- I was running late for my next errand.
- I was too distracted catering to the needs of my tiny humans.
- _____

We could (check all that apply):

- Get together at home and eat all the kids' good snacks.
- Meet at the playground and let our kiddos run free!
- Forget the kids, let's do something just as grown-ups!
- _____

How to reach me (sorry in advance for late replies):

- Text me _____
- Email me _____

Join an online community for moms.

Scan the QR code and download your own 'Make a Mom Friend' printable.



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