



# Up and Out

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### Morning Rush is Very Common





Punchstock

### The Morning Rush Can Make You Feel

- Stressed
- Anxious
- Inefficient



#### Establishing a Morning Routine

Helps kids know what to expect	Leads to more cooperation
Things feel and are less chaotic	Children feel safer
Parent(s) feel more in control	Sets the tone for the day

### Prepping the Night Before



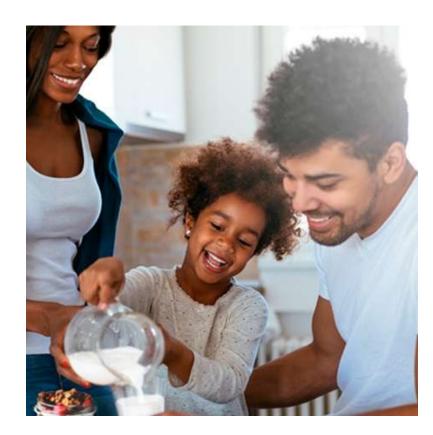
- What is child
  - Wearing
  - Having for breakfast/lunch/snack
- Where is child's
  - Bookbag
  - Homework/Assignments
  - Shoes
  - Mask (if needed)

### Setting Tone for Your Day

- Get up early enough where you won't feel rushed
- Engage in calming activity before starting day
  - Deep breathing
  - Yoga
  - Prayer/meditation

### Factor Quick and Easy Breakfast in Your Plan

- Fuels your morning
- Communicate with child/ren
- Helps set tone for the day



## Have an Out the Door Plan

- Have a realistic idea of when things need to happen
- Focus <u>only</u> on what needs to be done
- Avoid distractions phone, toys, television
- Know where your essentials are keys, laptop, tools/equipment



## Backup Plans

### Transportation issues

### Sick child

## School closings

### Quarantines

#### In Establishing a Routine

www.mpsi.wayne.edu

#### Be patient with yourself and your child(ren)

Be consistent

Allow flexibility and wiggle room

Allow for adjustments

Allow for child's input





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