



MERRILL PALMER
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Up and Out

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Morning Rush is Very Common

Limited time

Conflicting Schedules

Different Agendas (Yours vs. Your Child's)



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 only 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

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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