



The before school routine – Methods to master the mornings!

Here are a few pointers to create your own stress-free morning routine:

Tip 1: Prepare as much as you can the night before

Preparation the night before really is the key. Consider doing the following tasks as part of your evening routine:

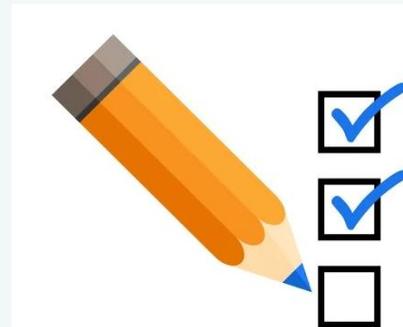
- **Pack lunches:** Prepare and pack their lunch bag the night before and keep it in the fridge overnight. If you know your child has a favourite sandwich or lunchtime meal, you could also consider bulk preparing a few days' worth in one go to save even more time.
- **Sort uniform:** Wash and iron any uniform that is needed for the next day. Either hang it or lay it out somewhere in your child's room so they can quickly get themselves dressed in the morning.
- **Organise the essentials:** It can be helpful to have a dedicated box, hook or shelf in your hallway or another area of the house to store school essentials. like bags, shoes and lunch bags in the morning. This tip applies to your belongings too!
- **Prepare breakfast:** If you can, try to prepare breakfast the night before, even if that just means putting cereal and bowls on the table.



Tip 2: Create a morning routine for school checklist

A morning routine checklist is a great tool to help everyone remember what needs to happen in the morning and in what order. If you have younger kids, use pictures instead of just words. Include all of the things that need to get done, such as:

- Get dressed
- Eat breakfast
- Brush teeth
- Wash face
- Comb and tidy hair
- Put on shoes and coat
- Grab backpack and lunch
- Go to school!



There is an example included in this leaflet.

Tip 3: Get up before your kids



This may sound easy in theory but can be harder in practice. No matter what time you put them to bed, we all know some kids are up and bouncing around before the crack of dawn! However, in an ideal world, you will be showered and dressed by the time your little ones wake up. Aim to set your alarm for at least 15-30 minutes before your children usually wake up, or longer if possible, to give you a few precious moments of “me time”.

MY MORNING ROUTINE



GET DRESSED



EAT BREAKFAST



MAKE BED



BRUSH TEETH



COMB HAIR



PUT ON
SHOES + COAT



GRAB BACKPACK
+ LUNCH



GO TO SCHOOL!

