

# Parenting Tips: Getting Kids Ready in the Morning

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By Ivanova Smith

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## 1 Tell kids the plan for morning

At bedtime the night before, remind kids of any early morning plans or what is happening the next day, especially if plans change often. Sometimes, that helps with going to bed early or on time if they know what's happening or are excited about it. Even very young kids (1 year old!) can understand what you are saying and get an idea of what is going to happen.

## 2 Get everything ready the night before

Pack things up the night before, especially if they have school, daycare, or need a lunch or something ready to go out of the house. Always check the diaper bag the night before if you have small children so you're ready to go. Put clothes out the night before so they're all ready. If you have to use the bus, make sure you have a stroller if you use one, have your card on hand and easy to get to, and make sure your kids know the rules.

## 3 Have a simple breakfast

Have something simple for breakfast (yogurt, banana, fruit, cereal), something easy so there isn't so much to prepare and easier to get out of the house. Simple can still be filling and healthy.

### REMEMBER!

**It's okay if some days it's not easy or quick. Take a breath, calm down. You can try again tomorrow.**

