



Simple Morning Routines for Families

Mornings can be a whirlwind, especially for families with children. The chaos of getting everyone ready and out the door on time can be overwhelming. However, with a little planning and patience, you can establish morning routines that not only make your mornings smoother but also teach your children valuable lessons in independence and responsibility! Let's explore some simple morning routines tailored to families with children and provide tips on how to begin teaching these essential life skills.

1. Wake Up Early

Start your day a bit earlier than your children. This extra time allows you time to gather your thoughts, enjoy a cup of coffee, or engage in some personal self-care. A calm and composed parent sets a positive tone for the entire household.

2. Create a Visual Schedule

Children thrive on routines and visuals. Create a morning routine chart with pictures or drawings to help them understand what to expect each morning. Place the chart in a prominent location, like the kitchen or their bedroom. Keep it simple!

3. Encourage Independence

Teaching independence starts with small tasks. Encourage your children to do age-appropriate tasks on their own, such as brushing their teeth, getting dressed, getting their shoes, backpack & jacket. Offer gentle guidance and praise their efforts.

4. Breakfast Choices

Allow your children to make simple breakfast choices within pre-approved options. For example, you can offer a selection of cereals, fruits, or yogurt and let them choose what they'd like to eat. Let them make the age-appropriate breakfast and clean up when finished! This fosters decision-making skills, independence and responsibility.

5. Morning Tasks

Assign age-appropriate morning tasks to your children, such as setting the table, clearing dishes, or feeding the family pet. Make it a fun family activity rather than a chore. Consider using a timer to add an element of challenge and excitement.

6. Packing Their Backpack

If your child attends school or daycare, involve them in packing their backpack or lunchbox. Encourage them to select items they'll need for the day and check off a list to ensure nothing is forgotten. (Even better, add this to the afternoon or evening routine to cut down on those busy mornings)!

7. Time Management

Introduce the concept of time by using a timer or clock to help your children understand the importance of staying on a schedule. Teach them about punctuality and how it impacts the day.

8. Dressing Routine

Lay out clothes the night before to streamline the morning dressing process. As your child becomes able to dress themselves, let them choose their outfits (within appropriate guidelines) to promote independence and self-expression.

9. Be Patient and Positive

Mornings may not always go smoothly. There may be frustrations or resistance to routine changes, stay patient and offer positive reinforcement. Praise your child for their efforts, no matter how small. (Allow them to begin buckling themselves in and carrying their own backpacks too)!

10. Review at Weekly Family Meeting time

At the end (or beginning) of each week, sit down with your child to review the morning routine. Ask them how they felt about their responsibilities and if there's anything they'd like to change. This practice encourages self-reflection and communication.

Conclusion

Establishing morning routines for families with young children is not only about maintaining order but also about instilling values of independence and responsibility in your little ones. These simple routines can have a lasting impact on their development. Remember that consistency and patience are key. Over time, you'll find that your mornings become smoother, and your children become more self-reliant—a win-win for everyone in the family.

Need more support in your parenting journey?

Contact Gretchen to ask about Parent Coaching @ 423-225-2436

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