



Page 32 Publishing

Summer
2025

Melissa M. Burch

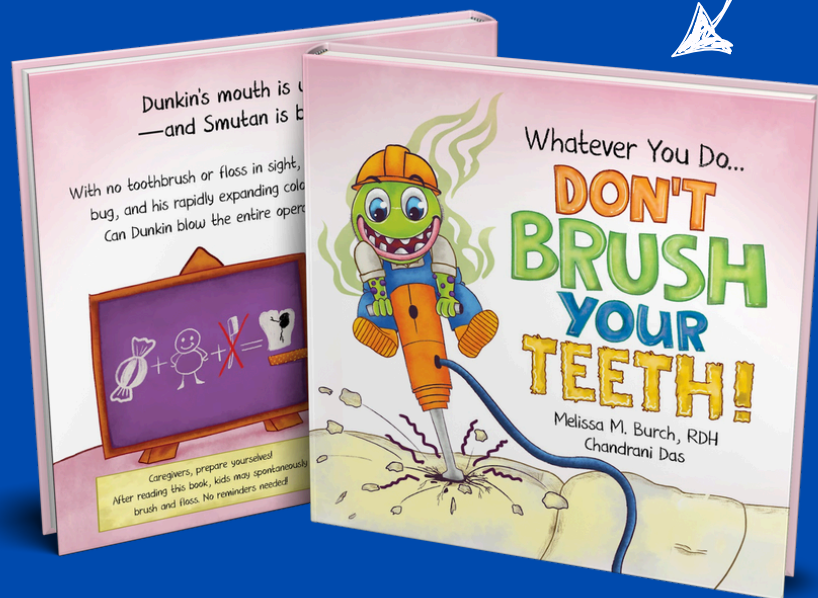
Books that inspire kids to dream, decide, and do.

For Easy School Morning Routines

The NIGHT BEFORE IS THE SECRET WEAPON!

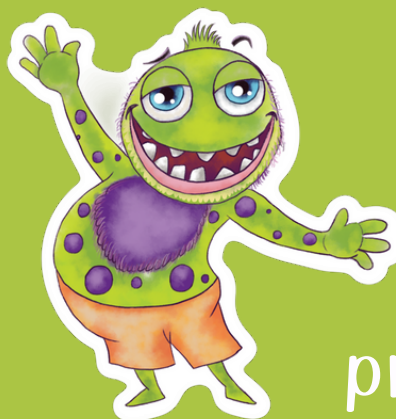
- Lay out clothes the night before.
- Pack lunches and snacks
- Refrigerate what you can, and have dry goods in lunchboxes
- Backpacks by the door
- Homework, permission slips, library books – all checked and packed.
- Set a bedtime alarm
- Get a good night's sleep
- Assign age-appropriate responsibilities
- Let kids take ownership
- Use timers
- Make it fun, Get dressed before the song ends!
- Keep a calm tone

Cover Reveal!



Check out my

KICKSTARTER



Click
Here

pre-launch

Mama Bear Tip:
Kids mirror your attitude — so deep
breaths help more than you think.

Kid's Checklist



Have

Visual Timer



Have

Family Digital Calendar



Want

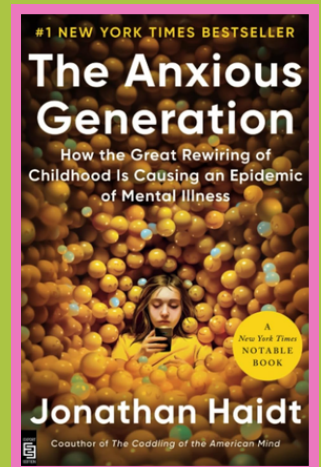
Ideal Bedtimes

Ideal Bedtimes by Age
(Assuming a 7:00 AM Wake-Up)

Age Recommended Sleep

4	10-13 hours	6:00-8:00 PM
5	10-13 hours	6:00-8:00 PM
6	9-12 hours	7:00-8:00 PM
7	9-12 hours	7:00-8:30 PM
8	9-12 hours	7:30-8:30 PM
9	9-12 hours	7:30-8:30 PM
10	9-12 hours	8:00-9:00 PM
11	8.5-11 hours	8:00-9:00 PM
12	8-10 hours	8:30-9:30 PM
13-14	8-10 hours	9:00-10:00 PM
15-18	8-10 hours	9:30-10:30 PM

My Current
Read



Frank the
Farting Flamingo



My kids favorite
(Currently)

Melissa M. Burch

Lets Get Social



page32publishing.com



hello@page32publishing.com



[instagram.com/page32publishing](https://www.instagram.com/page32publishing)



[facebook.com/page32publishing](https://www.facebook.com/page32publishing)