

5 Things to do before bed

So You Can Have A Great Morning

A great start to your day actually begins the night before. These 5 steps will dramatically change the trajectory of your morning!

When we are rushing around in the morning, it can make our kids feel insecure and upset. They know we're stressed and they're not sure how that will affect them. This can lead to meltdowns, tantrums, and tummy aches.

Having a clear picture of the morning routine eliminates these worries, paving the way for a great morning the whole family can enjoy!



01

Know What's For Breakfast

Make a plan ahead of time and write it down. Plan the whole week or just focus on the next morning. Knowing what you're feeding your kids seriously cuts down on those stressful moments when the smallest hiccup means you're late!

02

Run The Dishwasher

No one wants to wash their coffee cup before they can use it in the morning. Running the dishwasher the night before means you always have clean dishes when you're in the biggest hurry.

03

Pick Tomorrow's Outfit

Decide what you're wearing ahead of time and do the same with your kids. Laying out their clothes the night before will eliminate morning meltdowns because the sweater she wanted to wear is dirty. Planning outfits when you're not in a hurry gives you and your kids time to talk about the options.



04

Check Your Bags

Make sure everything you'll need tomorrow is already pulled together. Check that you know where your keys and purse are and that any necessary electronics are charged. Also be sure to check:

- Backpacks
- Diaper Bags
- Work Totes

05

Prep Lunches

To save the most time, pack lunches the night before. But it's okay if that isn't your favorite thing to do! You can simply post a menu so you know exactly what you're planning. This is very helpful once your kids are old enough to start packing on their own. They learn valuable self-care skills and you'll never need to worry whether they are getting well-balanced lunches.





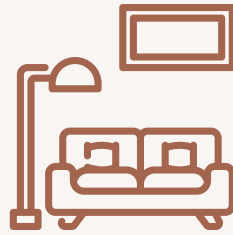
Simple Routines by Kate

Don't Just Cope When You Can Thrive!

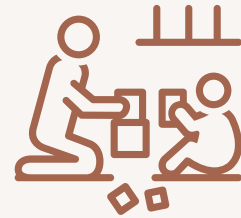
Having an organized home & family is so much more than just knowing where your keys are. Being organized means feeling confident that your kids are eating healthy, sleeping enough, enjoying their days - and that you are too!



Schedule a
consultation



Get your home &
family organized



Enjoy time
with your
family again

Book your free virtual consultation now at
www.simpleroutinesbykate.com

Simple Routines by Kate Home Organization Kits are the
at-home tools you need to create routines for your family!



Eliminate bedtime tantrums and morning meltdowns with the Super Mornings & Stress-Free Bedtimes Kit. This guide walks you through setting up routines, and gives you checklists and reward ideas so your kids are as excited to follow through as you are!

There's never a question about what's for dinner when you use the Meal Planning Kit - and with the grocery shopping guide you will always have the ingredients you need on hand!

