

School Mornings Can Work!

Yes, getting ready for school and the parents ready for work is very hard! But it can be done. I am not a morning person so I had a real struggle getting my girls off to school each morning. Here are some tips that I hope will help you:

1. Establish routines. Children thrive on routines for it gives them boundaries which give them security. So make sure you have set bedtimes, set wake up times, set meal times.
2. Choose clothes the night before. This includes all hair accessories, socks, shoes, undergarments, everything! Also, have a rule that these decisions can't be changed the next morning. Girls can be very dramatic about their clothes so settle it the night before.
3. Give your children choices. When they are little, pull out 2 or 3 outfits and let them choose the one they want. This really helps them with decisions and gives them a sense of ownership.
4. Give extra help for those with ADD, etc. I have heard that some boys really have a hard time choosing clothes. One mother selected clothes for each day and placed them in Monday-Friday bins so he wouldn't have that struggle each morning.
5. Establish/delegate responsibilities. As your children get older, they need to be the ones to set out their own clothes, make their own lunches, get their backpacks in the "to go" zone, hand you any papers to sign or review, etc.
6. Supplies. Make sure you have plenty of computer paper and ink and other supplies so that the night before a paper is due you aren't running to Staples at midnight! I also had a rule that all deadlines had to be finished 2 days before instead of the night before in case something didn't work.
7. Establish re-entering guidelines. Coming back home after a full day of school is a transition. They need certain rules as: Where to unpack their backpacks and leave folders in the same place each day. Have a set time when the parent can sit down with each child to go over the papers and homework given.

Just a few changes in your routine can really make a difference and bring joy to your mornings!

By Lane Jordan, Author of "*12 Steps to Becoming a More Organized Mom*"

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