



Managing Morning Chaos

Let it Go!

Goal: Mornings can be stressful. Remember that missing some elements of your morning routine is okay. Create an evening routine that saves time and prepares you for the next day.

[Tip]: Prepare for the next day as a family by getting backpacks ready, setting the table for breakfast, and writing reminders the evening before.

Why is this important? Reducing stress can improve your relationships and help with time management under pressure.

References: Malatras, J. W., Israel, A. C., Sokolowski, K. L., & Ryan, J. (2016). First things first: Family activities and routines, time management and attention. *Journal of Applied Developmental Psychology*, 47, 23–29. <https://doi.org/10.1016/j.appdev.2016.09.006>