

MORNING ROUTINE



Is your morning routine maddening? Are you unable to get your child ready in time for school? Is he missing the bus? Is she late every day? Are you ready to scream?



Before doing so, STOP and ask yourself whose needs are you asking your child to meet: theirs or yours? First realize that screaming, nagging and demanding will not achieve the result you are seeking but will make them feel as though they are not good enough. Here are a few simple suggestions:

1. Forgo your agenda. Realize that you must change the energy you bring to the situation. Breathe, relax and allow the morning to unfold however it might.
2. Prepare as much as possible with your child the night before by having them help prepare lunch based on food preferences; select the outfit; get backpack ready and at front door; sign notes; decide on breakfast choices; etc.
3. Allow them to have as much input in these decisions as possible based on their developmental age and be strict with yourself that you will not intervene even if the pants don't match the top, or the breakfast is not the precise mix of nutrients which you would wish. Give them agency over these decisions.
4. Start the routine earlier.
5. Let them know that if they miss the bus, you will drive them to school once, but that the next time you will not. Stick to your plan even if they react, while you remain calm, acknowledging their frustration but holding the boundary. Being late to school has its own consequences which are far greater than any you could impose.
6. Approach the morning with a different energy of calmness.

7. Allow whatever happens to happen understanding that shifts take time and the first attempts at this new model might be messy – allow the mess knowing that it's where the growth occurs.
8. Whatever you do: watch your own anger and energy. If you are triggered, understand that it is based on your own lack and inner conflict, not that of your child.
9. Have a pleasant, calm morning and see what a difference it makes!



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