

## 10 Great Ideas for Getting Your Day and Your Week off to the Right Start



### 1 Get yourself up and dressed first

As the mom to four girls (7, 5, and 14-month-old twins), our best days come when I've gotten up about an hour earlier than the rest of the family. It gives me a chance to exercise, get through the shower, have some breakfast and a cup of coffee. I am sacrificing some sleep, but by doing this I'm able to focus on the girls when they get up instead of racing around trying to get myself ready along with them. Kristina E.

### 2 Avoid Breakfast Battles: Make a Menu

We have a breakfast menu that we follow so that there are no decisions to be made and we don't end up eating cold cereal every day. That way I can also have breakfast ready for the kids when they get up. If we have pancakes or waffles on the weekend, I always make a double batch so we have leftovers. Our current menu consists of a pop tart and string cheese; scrambled eggs and toast; cereal; muffins; pancakes or waffles. Add a fruit and a glass of milk and you have a good, easy breakfast. Barbara E.

### 3 Get Kids Their Own Alarm Clocks

This may sound obvious, but the best solution to our morning wake-up routine was purchasing alarm clocks for each of my daughters (ages 9 and 6). They each set their own clocks and like getting up to the alarm. It has saved me endless trips to their rooms -- and sometimes they are out of bed before I am! Lyn K.

### 4 Cozy Warm Clothes Make Getting Dressed Go Faster

I have my children pick their clothes out the night before, and then while they are eating breakfast I put their clothes into the dryer to warm them up - they race to get those clothes on as soon as they can to make the most of the warmth, and before they turn cold again. Kristi R.

### 5 Shoe Organizer near the front door

We have a hanging shoe organizer in our front hall closet for winter accessories. When my kids come home after school, they remove their hats, mittens, and scarves, and place them in one of the compartments. This way, in the morning, they already know where their accessories are. A.

### 6 Preschoolers Can Follow a List of Things to Do

I made a list for each child of what needed to be done in the morning. Each item had a picture with it, since neither child could read. Things like use the bathroom, eat breakfast, get dressed, washed, brush teeth. The last one was have hat and coat ready. If everything was done then they could turn the TV on until it was time to go. The lists were laminated and stuck to the fridge. It saved a lot of arguing. Sarah I.

### 7 Beat the Cold Cereal Blahs: Try Breakfast Roll-ups

Scramble 4 eggs and about 2-3 tablespoons of cottage cheese together, then add 2 slices of cheese while it's cooking. Then add the mixture to tortillas with some salsa and roll it all up for a quick breakfast. Chris S.

### 8 Put all papers in a 3-ring binder

I have five children ranging in school grades from kindergarten to high school junior. I became overwhelmed with all of the papers each child was bringing home each day. I decided to get organized by purchasing a three-ring, one-inch binder. I put about 10 sheet protectors in the binder. In the morning when one of my children needs to know what extra activity (PE, art, library, etc.) is happening that day or what their current grades are, they go to the binder to find out. When we need to study the spelling list during the week, we just grab it from inside the protector. If something spills on it, we have no worry. Chalee A.

### 9 Create a Color-coded Calendar for Each Child to check

I am the mother of three young children. To prevent morning chaos I bought a magnetic calendar to stick on the door. I have a color for each child and write down what they have to bring for that day. I write tests, library days, hot lunch, projects, fields trips, etc. The night before, each child is responsible for checking the calendar and preparing their backpack for the next day. This saves us a lot of time in the morning. Kisha P.

### 10 Regroup for a Family Dinner!

What stays the same is dinner. It may not occur at the same time, but every night everyone sits down together. Stacy B.