

Getting the Family Moving In the Morning

**It's not easy getting everyone up and going in the morning. There's the warm bed to crawl out of, showers to take, mouths to feed, clothes to decide upon and arguments to settle? Here are some tried and true Atricks@ that have been complied by experienced moms.**

**Make sure each child has his/her own alarm to get up in the morning. Show the younger children how to set it.**

**When planning wake up times, consider the amount of time each individual spends in the bathroom. It may be necessary to stagger wake up times if there is only one bathroom.**

**Wake up at least 2 hour earlier than the rest of the family.**

**Plan for and prepare quick and easy breakfasts.**

**Do whatever you can the night before. Set the toaster, cereal bowls, boxed cereal, juice glasses out on the kitchen counter or table. Preparing lunches. Sign needed papers and permission slips.**

**Keep all daily supplies such as tooth brushes, tooth paste, combs, wash cloths, towels where everyone can reach them easily.**

**Establish a launching pad by the door. Instruct family members that this spot is for backpacks, gym bags, musical instruments, this spot is designed for whatever needs to leave the house in the morning.**

**Have children make a standard list of everything they need to do before leaving the house. This could include Amake bed@, Afeed dog@. If the children arrive home before the adults, it might be wise to have a list of chores/things to do when they arrive home. Post this by the listing of emergency numbers.**

**It is amazing how much better ones day goes when family members wish others a good day or that you hope whatever they are doing goes well or wish them good luck on a test or project.**