

Checklist for a Stress-free Morning with Kids

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EVENING PREPARATIONS:

- ☐ Pack lunches and any items little ones need for school the next day
- ☐ Pack diaper bag using our handy diaper bag checklist.
- ☐ Pick out clothes, shoes, outerwear, etc. for you and your children and lay them out neatly.
- ☐ Organize breakfast items (bowls for cereal, cups for milk and coffee, etc).



MORNING ROUTINE:

- ☐ Wake up early and have some quiet time for yourself to get organized.
- ☐ Help your children wash up, brush their teeth and brush their hair.
- ☐ Feed your little one breakfast in a calm and stress-free environment.
- ☐ Get your children dressed and ready for their day.
- ☐ Take lunches and other perishables from the refrigerator.
- ☐ Grab your bags and any other items you might need for that day.
- ☐ Have a consistent goodbye routine for drop off and be ready to have a great day!