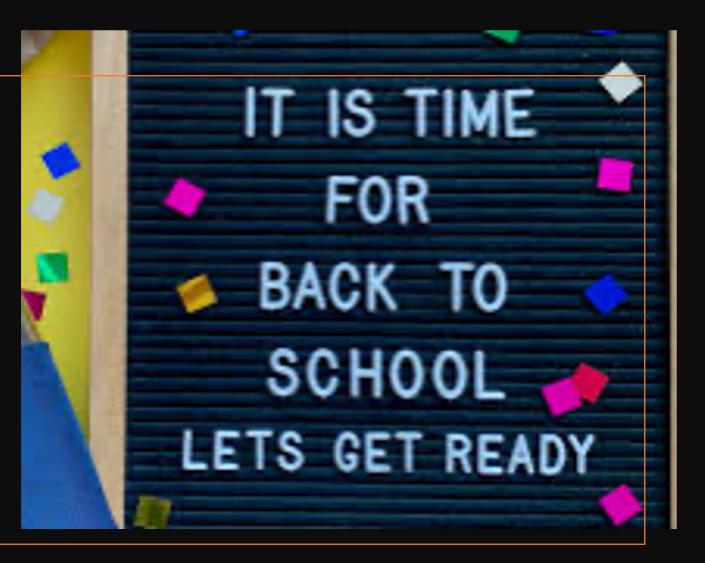
# Routines Scheduling

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## Morning Rush is Very Common





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#### The Morning Rush Can Make You Feel

- Stressed
- Anxious
- Inefficient
- Less patient





Leads to more cooperation

Helps kids know what to expect

Things feel and are less chaotic

Parent(s) feel

more in

control

Sets the tone for the day

Children feel

safer



# Prepping the Night Before

- What is child
  - Wearing
  - Having for breakfast/lunch/snack
- Where is child's
  - Bookbag
  - Homework/Assignments
  - Shoe



# Setting Tone for Your Day

- Get up early enough where you won't feel rushed
- Engage in calming activity before starting day
  - Deep breathing
  - Yoga
  - Prayer/meditation



#### Factor Quick and Healthy Breakfast to Start your Day



- Fuels your morning
- Time to communicate
- Sets tone for the day

# Have an Out the Door Plan

- Have a realistic idea of when things need to happen
- Focus <u>only</u> on what needs to be done
- Avoid distractions phone, toys, television
- Have a visible clock nearby
- Know where your essentials are
  - keys, laptop, tools/equipment



# Backup Plans

#### Transportation issues

#### Sick child

## School closures

#### Bad weather

# In Establishing a Routine

Be patient with yourself and your child(ren)

Be consistent

Allow flexibility and wiggle room

Allow for adjustments

Allow for child's input