



MASTER THE MORNING MADNESS: BACK-TO-SCHOOL HACKS

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Master the Morning Madness:

BACK - TO - SCHOOL HACKS

Pre-School / Kindergarten

Implementing a Visual Morning Routine Chart: Children at this age often thrive on routines, but might not yet be able to read a conventional schedule. A visual schedule with pictures illustrating each task can help streamline your morning. Draw or print pictures that represent each task (like a toothbrush for brushing teeth, a shirt and pants for getting dressed, a bowl of cereal for eating breakfast). Arrange them in the order they should be completed, and you can even include a fun picture at the end as a reward for completing the routine.

Elementary School

Outfit Preparation System: Over the weekend, have a fun session with your child where you select outfits for each day of the school week. Once you've picked them out together, you can place each day's clothes into a separate compartment of a hanging closet organizer, labeled by the day of the week. This reduces decision-making time in the morning and ensures your child always has an outfit ready.

Junior High

Develop a Homework and Assignment Management System: This is the age when students often juggle different subjects and assignments. A good strategy is to set up an assignment tracking system. This could be a physical planner or a digital app like Google Keep or Trello.

Teach your child to note down homework and assignments for each subject, along with their due dates. Encourage them to break down large tasks into smaller, manageable subtasks, and show them how to prioritize their work.

High School

Establishing a Family Command Center: High school students have even more responsibilities, so encourage their independence with a central organization hub. Dedicate a space in your house to a large wall calendar that displays everyone's schedules and deadlines, cork boards or magnetic boards for reminders or motivational quotes, and separate bins or folders for each family member's important papers. Encourage your high schooler to maintain their section and check the command center daily. This approach fosters accountability and keeps everyone on the same page.

Remember, the key is to adapt these hacks to fit your family's needs. Encourage your children's participation and feedback to make these systems work effectively.