



Establishing a Morning Routine

Mornings can feel like a race against the clock for many families. Between getting everyone dressed, fed, packed and out the door, it's easy for the start of the day to feel overwhelming. One of the best ways to create a smoother morning is to prepare the night before. Spend a few minutes checking in with your children about the next day, gather any permission slips or school items and pack lunches after dinner. Laying out clothes ahead of time and having children bathe before bed can also reduce morning stress and help everyone feel more prepared.

Set Up for Success

A little organization can go a long way in creating a calmer routine. Keep backpacks, jackets, homework and after-school items in one designated spot near the door so nothing gets left behind. Consider setting out breakfast items the night before or keeping extra essentials like shoes, a jacket or a spare lunch in the car for unexpected situations. Waking up 30 minutes earlier or staggering wake-up times can also help reduce the rush and create a more manageable flow for the entire family.

Create Meaningful Morning Moments

While efficiency is important, connection matters too. Add warmth to your routine with a cheerful wake-up ritual, a favorite song or a positive greeting to start the day on a good note. Try sitting down for breakfast together whenever possible, and limit distractions like television in favor of conversation, music or a quick weather update. Whiteboards, calendars or picture charts can help children stay organized and understand their responsibilities. Most importantly, make time for encouragement, patience and a heartfelt "I love you" before everyone heads out the door. Mornings may always include a little hustle, but with planning, structure and a focus on connection, your family can create a routine that brings more calm, cooperation and meaningful moments to the start of each day.

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.