



5 Tips for making mornings easier

- Pack the kids lunches, lay out their clothes and get backpacks ready the night before.
- Don't allow television unless children have finished breakfast and dressed for school
- Decide what you are going to wear the night before – don't be tempted to change your mind, if it looked good last night, it will look good today too!
- Plan to get to work 15 minutes early – plan to have a cup of coffee before you start work. If you are late, you'll have a buffer
- Think about what issues often arise that make it difficult to get out of the house. If you are always running around looking for a pair of socks – solve the problem by buying socks in bulk so you never run short.



Remember, don't be tempted to go to bed thinking that you'll do it all in the morning!