

Why is getting ready for school so stressful?

Why are mornings so stressful?

It's a funny thing that time in the morning always seems to go faster than the evening when we are getting kids sorted, packing bags and running in different directions!

- If you are feeling stressed, then often your children will feel this too.
- Your child may be feeling anxious because they are feeling unprepared for the day, or uncertain about what is going to happen and when.
- You find out your child needs something for school as you are walking out the door.



What can you do to make it better?

- ✓ Start preparing for the next day the night before.
- ✓ Pack school bags and place them by the back door.
- ✓ Lay out clothes for school the night before.
- ✓ Talk to your child about what is happening the evening before and check if there is anything that needs to be prepared.
- ✓ Get breakfast ready (bowls out etc.) so you are not rushing around- even creating a few extra minutes can make a difference to reduce morning stress
- ✓ Have a timetable in your child's room and in kitchen to remind you both of key activities such as sport etc.

