



# Dealing With Morning Madness

**H**ave you ever found yourself frantically searching for your child's lost shoe five minutes before the bus is to come? Or forgotten your child's lunch money? If you answered "yes" to either of these questions, you may be experiencing a common family problem called "morning madness."

The rush to get everyone off to school and work is a challenge to every family. To help you manage morning madness, Ohio State University Extension offers these tips:

## ■ Set Your Clocks Ahead

It may be all psychological, but having your clocks and watches set 5 to 10 minutes ahead can keep you on schedule.



## ■ Lay Out Clothing For Everyone The Night Before—including Shoes and Socks

This puts an end to those last minute searches for the missing shoe.

## ■ Have A Cubby For Your Children To Keep Items They Need To Take To School

Keep a box or basket near the door for children to keep their books, lunch money, hat, gloves, and anything else that they need to take to school.

## ■ Start Going To Bed Earlier

It may take your body a few weeks to get used to going to bed an hour or so earlier, but in the long run, you will find it easier to get up in the morning.

## ■ Get Up Earlier

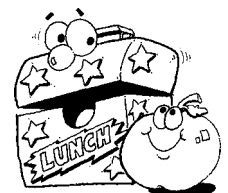
Setting your alarm clock for 15 minutes earlier than usual will go a long way in easing morning madness. For working parents, plan to get up 1 1/2 hours prior to the time you must leave for work. This extra time will allow you to arrive at work relaxed and prepared to face the day.

## ■ Take Time For Breakfast

Make sure you allow 15 minutes in the morning for a wholesome breakfast. Set the table the night before—a good job for a young family member. If you must eat on the run, choose nutritious foods such as fruit, cheese and crackers, muffins, or a sandwich.

## ■ Prepare Lunches While Preparing Breakfast

If your child takes a lunch to school, pack it at the same time you are preparing breakfast and place it in the child's school cubby near the door.





## “Rise and Shine Morning Chart”

If your youngster happens to be a slow mover in the morning or must be constantly reminded to comb hair or brush teeth, this chart may be just what you need to make your mornings hassle-free!

Place this chart on the refrigerator or wall, and have your child place a check or sticker next to each of the tasks they complete each morning. Offer a special reward for a full week of checks. (If your child is especially “hard to start,” you may want to offer a small reward each day in the beginning.)

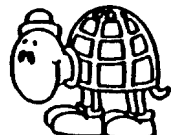
Task	Monday	Tuesday	Wednesday	Thursday	Friday
1. Wash Face					
2. Comb Hair					
3. Brush Teeth					
4. Dress Myself					
5. Make Bed					
6. Feed Pets					
7. Eat Breakfast					
8. Other (Specify)					
9. Other					
10. Other					

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