



# Morning Time

As families adjust to back-to-school routines, many parents of young children become frustrated by the chaos, meltdowns, and delays that can make morning times stressful. Here are some ways to get your day off on the right foot.

Young children take their emotional cues from you! If you wake up stressed or agitated, they will act annoyed or frustrated as well.

Try...taking a deep breath and staying calm, even if you are running late. Your child will be able to relax and enjoy the morning as well. Infants and young children thrive on routines. By setting consistent bedtimes and wake-up times throughout the week (including weekends).

Try...developing a morning routine for getting clean, dressed, and eating, you can help your child know what to expect and avoid miscommunications. It may seem like the TV in your child's room or the late-night iPad games have any effect on morning meltdowns, but research shows the light and stimulation of devices can make falling asleep and sleeping deeply more difficult.

Try...letting your child wind down at night with a story or song instead. Your child will not only get better sleep, they will learn from and bond with you!