Stanislaus County Office of Education

Child/Family Services

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How to Leave the House on Schedule

Resource & Referral Handout

Organize your morning routine to get you and your kids out of the house on time on the morning. Follow the list of tips to make your morning run smooth.

Here's How:

1. Wake up 10 minutes before your kids. Take your shower and brush teeth.
2. Before dressing, wake kids up. Change any wet diapers and dress toddlers. Send older kids to the bathroom for toileting, tooth brushing and hair combing.
3. Get dressed. Take toddlers with you or put on their favorite TV program. Remember, you still have wet hair. If this is a problem for you, wait on the shirt or suit or blouse, leave on a bathrobe or old button-up shirt that can be changed after hair is dry.
4. Check on older kids to make sure dressing is happening.
5. Once you are dressed, begin breakfast. Your toddler can now be set at the table for feeding.
6. Tell older kids that breakfast is ready.
7. While kids are eating, dry hair.
8. Check on kids while drying hair.
9. Look at clock. You have 20 minutes to get out of the house. No one has shoes on yet, and you still need to shave or put on your make-up.
10. Ask older kids to assist toddler with shoes. Remind everyone to make sure backpacks are packed.
11. Announce that there is 10 minutes before leaving.
12. Tie your tie or finish your make-up or last minute check on your hair or shoes. Inspect children.
13. Make final announcement for jackets and backpacks. Make sure you have your toddler or infant bag for day care.
14. Leave the house. Look at watch. On time? If not adjust plan to make it work for you and your family.

Tips:

1. Preparing the night before can help make for a smoother morning. Just remember nothing is fool proof and if it can go wrong, it probably will at one time or another.
2. If you have an infant, most likely you are on his or her schedule. Just be sure to give yourself some time to dress and shower while your bundle of joy is still asleep.
3. Older kids can be great help. If they are "morning people" make it a part of their weekly chores to help younger ones with shoes or pouring milk or juice.