



FROM YOUR CFS **Wellness Specialist**



Morning Routines

Do your mornings feel rushed and chaotic? Is someone always forgetting something or running late? If so, you're not alone. Many families struggle with mornings, but a simple routine can reduce stress and help everyone start the day with greater calm and confidence.

Consistent routines benefit both children and adults by reducing stress and creating a greater sense of stability. For children especially, knowing what to expect each morning can lessen anxiety, reduce power struggles, and build confidence. Including a brief time for prayer or a Bible verse can also remind your family that God is with you throughout the day.

Here are a few ideas to help create a morning routine that works for your family:

- 1. Know your child's needs.** Some children wake up ready to go, while others need extra time to get moving. Pay attention to what helps your child succeed, and adjust your morning pace when possible.
- 2. Start the night before.** Lay out clothes, pack lunches, gather homework, and place backpacks by the door before bedtime. Fewer decisions in the morning mean less stress and fewer forgotten items.
- 3. Wake up at the same time each day.** Regular bedtimes and wake-up times help children feel rested and make mornings more predictable. As children grow, encourage them to take ownership by using an alarm clock and preparing for the day independently.
- 4. Avoid morning screen time.** Screens can easily become distractions that make it difficult to stay on schedule. Waiting until after school helps avoid unnecessary conflicts when it's time to leave.
- 5. Build a faith-filled foundation for the day.** A short prayer, a favorite Bible verse, or worship music during breakfast or the drive to school can help shift everyone's focus to God's presence and care.

Building a new routine takes time, so don't try to change everything at once. Start with one or two small habits, stay consistent, and you'll likely find that mornings become calmer for the whole family.

Resources:

[Research on Daily Routines and Their Role in Helping Children Thrive](#)
[School Mornings Without the Stress](#)
