

# A Calm & Clever Morning Checklist for Preschoolers

*Built for busy mornings, gentle starts, and fewer meltdowns.*

## Wake-Up Window (Not Just "Get Up")

- ☐ Open the curtains gently to let natural light in—helps reset their internal clock
- ☐ Avoid jumping straight into action. Give them 5–10 mins of soft wake-up time (snuggles, quiet chatting, or a short song).

*Parent Tip: Rushing first thing sets a stressful tone. Even 3 calm minutes help.*

## Bathroom Basics

- ☐ Potty trip (even if they say they don't need to — it's routine, not urgency).
- ☐ Wash hands & face (refreshing and symbolic start).
- ☐ Brush teeth — consider a toothbrush timer or a song for rhythm.
- ☐ Wipe face (many parents forget this one — dried cereal milk or overnight drool isn't a vibe).

*Parent Tip: Face wiping often gets skipped but matters for confidence — and hygiene!*

## Get Dressed — Without the Drama

- ☐ Offer two pre-picked outfits max. Don't ask "what do you want to wear?"
- ☐ Check tags and seams the night before if they're sensitive to textures.
- ☐ Socks first (tip: this small success builds momentum).

*Parent Tip: Lay out clothes in "outfit stacks" they can grab.*

## Breakfast That Works

- ☐ Keep it familiar — now is not the time to try new foods.
- ☐ Water is just as important as food — dehydration causes crankiness.
- ☐ Skip screens — they'll zone out and slow down.

*Parent Tip: Always have a "backup breakfast" for chaotic mornings.*

## The 2-Minute Mirror Check

- ☐ Brush hair — give them a small brush they can control.
- ☐ Wipe face again if needed (milk mustaches are sneakier than you think).
- ☐ Let them look in the mirror and "approve" their look.

*Parent Tip: Keep hair stuff, tissues, and wipes in a "go" basket near the door.*

## Wind-Down Before Go-Time

- ☐ 2–3 minutes of quiet play, cuddle, or just putting on a song while they finish.
- ☐ Let them know "what comes next" — avoid the abrupt "Let's go!"
- ☐ If they're slow movers, set a 5-minute timer for final steps instead

*A calm transition is everything. You're not just getting them to school — you're handing off their entire morning mood to start their day.*