**Subject: A Calmer Start to Your Day**

Getting your family out the door on time in the morning can be a difficult task. To make life easier for you and your family, plan ahead the night before to make your mornings go much easier.

Pack lunches for you and your family the night before.

Make a plan for breakfast and have your kitchen clean and ready for the morning.

Get clothes laid out the night before so everyone knows what they are wearing and where their clothes and shoes are.

Pack any bags that are needed for the next day and place them by the front door- this includes backpacks, lap top bag, gym bag, diaper bag, etc.

And finally, to ensure a smooth start to your day make sure you are waking up early enough to allow yourself time to get all the morning tasks completed.

Warmly,

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