MORNINGS

Morning Launch

Use it: every creche or work morning, from kettle to front door.

Why this helps: the same order every day means one less thing for your brain to decide.

1. **Water, and meds or vitamins if I take them** ☐
   Leave a reminder by the kettle. Keep medicines and vitamins locked away.
2. **Me dressed** ☐
   Clothes laid out last night.
3. **Kids' breakfast** ☐
   Same 2 or 3 options all week.
4. **Teeth, nappy or toilet, face wash** ☐
5. **Kids dressed, coats and shoes on** ☐
   Shoes live by the door.
6. **Grab the launch pad** ☐
   See the door card on page 6.
7. **Door check: lights, cooker, windows** ☐
   Say it out loud.

Out the door by

→ Running late? I can skip