

# OUR MORNING SCHEDULE

## KIDS

- 7:00 Wake up and have cuddles
- 7:15 Have Breakfast
- 7:30 Get dressed for school and get bags ready
- 7:40 Have a poop
- 7:50 Brush Teeth & hair, Wash hands & face
- 8:00 Feed animals and have a play
- 8:20 Cuddles with Mum/Dad
- 8:25 Get in the car to school

## PARENTS

- 6:00 Get up, shower, dressed and ready to go
- 6:30 Me time - read a book, walk, meditate etc
- 7:00 Have cuddles
- 7:15 Help kids with breakfast and Make lunches
- 7:30
- 7:40 Tidy up Kitchen and get bags together
- 7:50 Fluff about helping
- 8:00 Feed animals and have a play
- 8:20 Cuddles
- 8:25 Get in the car to school