

School is Back in Session ...

Organizing Children When Things Get Busy

Now that school is back in session ... life seems to be more hectic. Between the busy morning routines, after school activities, homework, birthday parties, games on the weekends, etc, all of us can get a little frazzled. Adding a bit of organization to your routine can help with the chaos. Following are a few tips that have helped me over the years. I hope they help you and your family out as the season get's busier.

1. Evening Routine

Your school morning routine really needs to start the night before! If you set aside time in the evenings, you will guarantee your family the pleasant mornings you long for. This routine should include:

- Setting out clothes and shoes for the next day
- Showers/baths
- Lunches packed (if needed)
- Backpacks ready to go with homework placed inside
- Parent Signatures (if needed)
- Extra bags for after school activities

With these things ready, your morning routine should be much less hectic.

2. School Morning Routine

Your morning routine should include:

- Waking up
- Getting dressed
- Eating
- Brushing teeth

On the way out the door, lunches are retrieved (if in the refrigerator) and placed in the backpack which is located by the door you are exiting.

If you haven't already invested in a hooks or cubbies, this would be a great time! Giving your family a location to hook or drop their everyday belongings by the door, makes your departures much quicker.

3. After School Routine

Your afternoon routine may include:

- Rest time – allowing them a bit of rest time (a timer comes in handy here) along with a snack, will help rejuvenate them for the rest of their activities.
- After School Activities – sports, music, dance class, band, etc.
- Homework - if you can set aside quiet time without any distractions around the same time every afternoon; this will help them to concentrate and get through their work faster.

- Family pick-up – this is a time set aside daily to go through the house and pick up any items that are misplaced. It usually takes 10-15 minutes for each family member to go through the entire house to re-claim anything that belongs to them and re-locate it to its proper location.

Once dinner is over, the evening routine can begin in preparation for the next day. This also sets the stage for a clean and efficient house the following morning. Once family pick-up is established in your household, you may even have free time to play a game, catch up on family news, story time or whatever you desire to do before they go to bed.

Best wishes for organizing your family on those busy school days.

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