

# Master Your Morning

## STEP #1 Make A Plan

What needs to get done and when:

TIP: Get started on a weekend or morning when you have some flexibility with time.

## STEP #2 Prepare for Success

Changes can I make to the environment:

Skills can I teach my child:

TIP: Simplify choices so kids don't get overwhelmed.

## STEP #3 Build Connection

I can strengthen my relationship with my child by:

TIP: No amount of parenting strategies can make up for the lack of a close parent-child relationship.