



Morning Tips for Getting Out the Door with Small Kids

1. Prep the Night Before

Lay out clothes for yourself and the kids, including socks, shoes, and coats. Pack bags (childcare, school, work, snacks, lunches) and prep breakfast items like cereal or overnight oats.

2. Stick to a Routine

Create a simple, consistent order of tasks (e.g., wake-up, dress, breakfast, teeth, out the door). Use visual aids or songs to keep toddlers on track.

3. Tag-Team if Possible

Divide responsibilities with your partner, or prioritise tasks if solo parenting to avoid overwhelm.

4. Simplify Breakfast

Choose quick, non-messy options like toast, bananas, or yogurt pouches, and keep it predictable. I love making fruit muffins as a grab and go handy brekkie (for them and you!)

5. Dress the Youngest First

Get the youngest dressed and contained (e.g., high chair or playpen). Let older kids help themselves. Opt for simple clothing with minimal fastenings where possible. I always get toddler to pick clothes night before and lay out on floor as shape of person! Mostly prevents the drama of "no, I don't want that, they hurt me, I hate yellow" conversations in the morning.

6. Set Up a Staging Area by the Door

Keep shoes, coats, and bags in a designated spot to avoid last-minute scrambling.

7. Time Buffer

Plan to leave 10 minutes earlier than needed to allow for hiccups like tantrums or toilet/nappy needs last minute!

8. Involve the Older Kids

Turn getting ready into a game (e.g., 'Who can find their shoes by the time I count to 30?') or give them small tasks.

9. Emergency 'Grab Bag'

Keep a bag with essentials (nappies, wipes, snacks, water bottles, hairbrush, hair-ties) in the car for unplanned needs.





10. Stay Calm and Positive

Expect things to go off-plan. And those last 10 mins tend to be more chaotic. Use calming mantras like 'We'll get there eventually!' to keep stress down. Deep breathing, sing songs or dance your way out to the car! Anything to lighten the mood.

With these tips, you can transform hectic mornings into smoother, more manageable starts to your day. For more advice and resources, visit [The Parent Nest Resources](#) or explore [The Parent Nest Blog](#) for additional support.

If you are finding it challenging to manage your career and family life, check out my online resource, [The Circle](#). It offers tools, resources, and a supportive community to help you balance your roles with confidence and ease. Learn more and join today!

