

# SINGLE PARENT MORNING CHECKLIST

## The Night Before

- Pack lunches & snacks (store in fridge)
- Lay out outfits for kids (and yourself)
- Check backpacks for homework, signed forms, and supplies
- Review tomorrow's calendar (work + school)
- Set out breakfast items for a quick start

## Quick "Mom-Only" Prep

- Choose your own outfit & accessories
- Pack your work bag or laptop case
- Place keys, phone, and wallet in a set spot by the door
- Prep your coffee/tea station or water bottle for the morning
- Set any work reminders for early meetings or calls

## Wake-Up Routine

- Wake up 15–30 minutes before the kids for quiet prep time
- Quick personal refresh (wash face, get dressed, coffee/tea)
- Wake kids gently with a consistent routine (music, light, or hugs)

## Get-Ready Flow

- Kids get dressed before breakfast
- Serve a quick, balanced breakfast (overnight oats, smoothies, eggs, toast)
- Handle last-minute items: permission slips, lunchbox ice packs, water bottles
- Quick backpack check before heading out the door

## Out-the-Door Readiness

- Shoes, coats, and gear in a designated "launch pad" spot
- Leave 5–10 minutes earlier than needed to avoid rush stress
- Positive send-off: hug, affirmation, or "you've got this"

---

## Pro Tips for Stress-Less Mornings:

- Keep a small "emergency snack & supply kit" in the car for forgotten items.
- Use a family whiteboard for daily reminders.

- Make breakfasts that double as snacks for later (muffins, yogurt parfaits).
- Have a weekly “reset night” to replenish supplies and recheck routines.
- Give yourself grace — no morning will be perfect, but consistency matters more than perfection.