



Morning Flow: The 7-Step Routine for Calm Mornings with Kids Aged 2–7

Every morning a race against the clock? This predictable routine brings calm to the first 30 minutes – less stress, more smiles.

HuggleTales Tip: HuggleTales starts working the night before: a personalised bedtime story helps your child sleep better – so they wake up refreshed and ready for the day.

The 7 Steps – 2–5 min each

- ☐ Wake up at the same time – similar timing at weekends too
- ☐ Bathroom visit and hand-washing as the first ritual
- ☐ Get dressed: child picks between 2 options (not 10)
- ☐ Fixed breakfast base + 1 rotating option
- ☐ Brush teeth with a 2-min timer (hourglass or app)
- ☐ Pack the bag together (prep the night before)
- ☐ Calm goodbye: 1 hug, 1 phrase, then go

Timing

Each step has a time window. Consistency reduces morning arguments by 80 %.

The 3 Morning Traps – and How to Avoid Them

- ☐ Too many choices – limit to 2 options per step
- ☐ Time pressure from waking up too late – add 15 min buffer
- ☐ Reward spirals: 'Dress first, then breakfast' instead of negotiating

Pro-Tip

A visual morning card – a picture for each step – helps children become independent without constant reminders.

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.