



Shaping the day ahead

A parents guide to managing morning overwhelm



The way your morning begins sets the tone for your whole whānau.

A few simple actions can bring calm and connection to your home, helping you and your kids start the day positively. When parents are calm, children feel safe, settled and ready for whatever the day brings. Here are six easy ways to create a calm, connected and positive start together:



FILL YOUR CUP FIRST

Taking a few quiet moments before the kids wake up to breathe, reflect, or simply sit in calm helps you fill your own cup and begin the day with intention and ease.



SMILE

A genuine smile can instantly put everyone at ease and help them feel seen. Plus your warmth sets the tone for how they'll treat each other, too.



FOOD

Understand the food-mood connection. Start the day with natural foods and pack simple, unprocessed options like fruit, nuts, or rice cakes in the lunch boxes. This fuels calm moods and steady energy for the day.



THOUGHTS & WORDS

To counteract the high volume of negative feedback our children often receive, actively use positive language and start the day with simple, gratitude-focused questions to reshape their self-image and strengthen connection. Try asking "What are you looking forward to today?", "What's something kind you can do for someone?", or "Who has been kind to you recently?"



SLEEP WELL

Turn off devices **at least one hour** before bedtime, and get into bed early to ensure you and your kids get enough quality sleep. This will give you all the best chance of waking up refreshed and ready.



BREATHE

Start the day with a quick stretch and a few deep breaths together. Invite everyone to stand up, reach their arms high, look up, and gently move their bodies to stretch out. After a minute or two of movement, take a few slow breaths together. This simple routine helps everyone reset, clear their mind, and feel calm and ready for the day ahead.

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