

CENTRAL
MASS
MOM™

FIRST DAY READY

Checklist

Daily Routine

TIPS FOR THE DAILY

- MAKE A LUNCH, PACK A SNACK, AND FILL WATER BOTTLE
- LAY OUT CLOTHES THE NIGHT BEFORE (EVEN SOCKS & A JACKET!)
- MAKE SURE EVERYTHING IS LABELED

Stress Less Morning

MAKE MORNINGS RUN SMOOTHER

- MEAL PLAN BREAKFASTS
- SET ALARM CLOCKS
- HAVE BACKPACKS PACKED AND SHOES READY BY THE DOOR

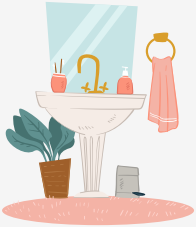
Just for Fun

LITTLE THINGS TO MAKE LIFE EASIER

- HAVE HEALTHY SNACKS PREPPED FOR THE WEEK
- CREATE A MORNING CHECKLIST FOR YOU (AND THE KIDS)
- ORDER OR MAKE YOUR "FIRST DAY OF SCHOOL SIGN"
- SET UP A HOMEWORK STATION
- READ A SPECIAL BEDTIME STORY

DAILY RHYTHM

Morning Time



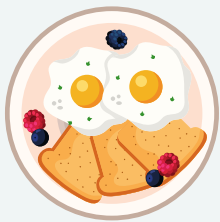
BRUSH TEETH
WASH FACE
BRUSH HAIR



MAKE BED



GET DRESSED



EAT BREAKFAST



PACK BACKPACK
& LUNCH

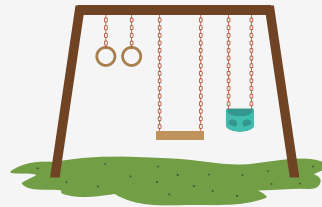


SAY GOODBYE

Evening Time



EAT A SNACK
& DO HOMEWORK



PLAY
OUTSIDE



MAKE LUNCH
FOR TOMORROW



READ FOR 20
MINUTES



BRUSH TEETH
WASH FACE
HAIR
PJS



BEDTIME
ROUTINE

FIRST DAY READY Checklist

Daily Routine

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MAKE SURE EVERYTHING IS LABELED

Stress Less Morning

MAKE MORNINGS RUN SMOOTHER

MEAL PLAN BREAKFASTS

SETTING ALARM CLOCKS

HAVE BACKPACKS PACKED AND SHOES READY BY THE DOOR

Just for Fun

LITTLE THINGS TO MAKE LIFE EASIER

HAVE HEALTHY SNACKS PREPPED FOR THE WEEK

CREATE A MORNING CHECKLIST FOR YOU (AND THE KIDS)

ORDER OR MAKE YOUR "FIRST DAY OF SCHOOL SIGN"

READ A SPECIAL BEDTIME STORY

SET UP A HOMEWORK STATION

CELL PHONE CONTRACT

Daily Routine