

DIGITAL Motherhood

MORNING CHECKLIST

FOR YOU - NIGHT BEFORE

- Pack lunchboxes
- Lay table for breakfast
- Iron clothes - theirs and yours
- Sign any school paperwork
- Put bags, coats and shoes in the hall

FOR THE KIDS - MORNING

- Have breakfast
- Brush teeth
- Go to toilet
- Get dressed
- Make bed and pick up pyjamas
- Put on coat and shoes
- Sit nicely and play if ready early!