

Morning Routine Is a Daily Meltdown

If mornings are filled with yelling, rushing, or tears, you're not failing — your child's brain is overloaded before the day even starts.

What this is

This isn't laziness or disrespect. It's a transition overload. Mornings demand sequencing, time awareness, emotional regulation, and independence all at once.

Why it shows up

- Time blindness + task switching strain
- Too many micro-decisions before regulation is online
- Anxiety about the day ahead draining capacity early

What to try this week

1. Shrink the routine to **three visible steps only**
(Example: get dressed → eat → shoes)
2. Prepare the night before, not the morning
(Decisions steal regulation.)
3. Stay neutral and quiet during the first 10 minutes
(Calm presence > verbal prompting.)

When to get support

If mornings consistently end in conflict or shutdown despite preparation, regulation needs to come before independence.

Recommended tools

- **Happy Core Program** (transitions + regulation)
- **More Than Behavior™ Letter: Dear Parent** (scripts + structure)

You're not behind. You're dealing with a nervous system under pressure.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →