

Counselor's Corner

Brighter Ideas for a Happier Morning

Chaos at home can affect your child and you when you finally arrive at school and work. A little extra effort getting organized in the evening can make a difference in how you feel about the day. Here are some suggestions on how to eliminate chaos.

Choose clothing at night for the next day—*Begin with the End in Mind!*

(This can help all family members avoid the dressing hassles)

Start going to bed earlier—*Begin with the End in Mind*

Rise first and dress before waking others—*Put first things FIRST!*

Place all items you carry to work and school in one place—*Think Win Win*

Take time for breakfast—*Be proactive!*

Encourage your spouse and older children to share in the morning task—

Synergize with your family



Cindy Heady
EVES Counselor
852-7350

“ To the world, you may be just one person; but to one person, you maybe the world.”

Josephine Billings

Remember this as you raise your little ones even on those tough mornings!!

