



JOANNA TABAKU

# Morning Routine Guide *for Parents and Children*





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This morning routine is designed for both you and your children, helping to set a positive, energetic tone for the day. As you introduce this new routine, remember that your children may find it unfamiliar or even resist at first - this is perfectly natural! The key is to approach it playfully and with patience, making it a fun and exciting part of your day.

### **A Gentle Reminder for Parents:**

**Make it Fun:** Children thrive on play and joy, so find ways to make each step fun. Use silly voices, songs, or games to bring energy and excitement to the routine.

**Persevere:** New routines take time to establish. Stick with it, and don't be discouraged by early resistance. Keep things light-hearted and be consistent.

**Be a Servant Leader:** As you've learned in the book, encourage your children by example. Inspire them with your enthusiasm rather than forcing or bargaining.

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## 1. Hydrate (2-5 minutes)

Hydration is important for both adults and children. After a night of sleep, your body needs water to wake up and function properly.

For Parents: Drink at least 16 ounces (500 ml) of water upon waking. Add lemon for flavor and vitamin C if desired.

For Children: For younger children (under 10), aim for about 8 ounces (250 ml) of water. Let them choose a fun cup or bottle to make hydration exciting.

## 2. Priming Your Day (10-15 minutes)

Priming sets the tone for the day by engaging your mind and emotions with gratitude and visualization.

For Parents: Breathing: Start with 3 sets of 30 deep, rhythmic breaths to energize your body. Gratitude Practice: Reflect on three things you're grateful for. Visualization: Imagine three outcomes you want to achieve today.

For Children: Help your child name one or two things they are thankful for. Use simple visualization: Ask your child to imagine something fun they want to do today.

## 3. Movement with Incantations (10-15 minutes)

Movement is essential for waking up the body and releasing any tension. Combining this with positive affirmations or incantations makes the practice even more powerful.

For Parents: Stretch, do yoga, or go for a brisk walk while repeating incantations.

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For Children: Encourage light stretching or fun exercises like jumping jacks, dancing, or a mini obstacle course.

## 4. Check-In: Creating a Beautiful State (5-10 minutes)

This step helps both you and your child check-in emotionally and mentally to start the day in a positive state of mind.

For Parents: Take a moment to notice how you feel. Set an intention like: 'I will stay present and enjoy the moments of today.'

For Children: Ask your child how they're feeling in a fun way. Encourage them to choose how they want to feel for the day.

## 5. Journaling & Affirmations (5-10 minutes)

Journaling allows you to focus your thoughts and affirm your intentions for the day. This is also a powerful time to incorporate affirmations that reflect the person you are becoming.

For Parents: Write down three things you are grateful for and your top three goals for the day.

For Children: For younger kids, guide them in a simple journaling exercise or help them create simple affirmations.