

Boss your Mornings

Imagine the scene: You are trying to get yourself ready for work and help your younger child get dressed for school and their teeth brushed. You are also nagging at your older child to keep moving and get downstairs to pack their school bag, whilst trying to sort out packed lunches, PE kits and getting breakfast on the table. It can all get a bit chaotic, to say the least.

If this scene sounds familiar, you are not alone. And you also don't have to suffer on your own. There are things that can be done to make mornings run more smoothly and to help everyone leave the house in a more positive state of mind. For this reason, we are inviting you to join us at the online session where we will be:

- sharing organisational tools to help you have chaos-free mornings
- suggesting ways to invite more cooperation from your children in the mornings
- considering ways to encourage your children to be more independent

Your host will be **Trish Baker**, our school's Family Engagement and Support Practitioner from Move-More.

Trish has many years' experience working with children, young people and their families, first as a Primary Teacher and then as a college lecturer, teaching and supporting teenagers with their next steps. She is a certified Positive Discipline Parent Educator and uses this, and other respectful methods, when supporting families.

When and where: 13.3.24 at 6pm (live via zoom)

Duration: Approximately 60 minutes

How do I join this online session: simply click on this link:

<https://us06web.zoom.us/j/89941428408?pwd=2nlvNKhzz7v8KyhJOQIDSH72xFac75.1>

Meeting ID: 899 4142 8408

Passcode: 189758

Any questions or problems, please email Trish at Trish@move-more.org.

We are looking forward to seeing you on the 13th of March!