

Morning Meltdown Prevention Tips



Parents guide

THE NIGHT BEFORE

- Lay out clothes and pack the backpack so the morning has fewer decisions.
- Agree on breakfast the night before if mornings tend to include arguing over food.
- Get your child to bed at a consistent time -- a tired body has a shorter fuse.

WAKING UP

- Wake up a little earlier than feels necessary -- rushing is a common meltdown trigger.
- Use a warm, calm tone for the first interaction of the day; it sets things off on the right foot.
- Give a heads-up before turning on lights or pulling off blankets.

DURING THE ROUTINE

- Use the same order of steps every day so there's nothing to decide or negotiate.
- Give time warnings before transitions ("5 minutes until we leave").
- Offer small choices where you can (which shirt, which cup) to reduce the feeling of being rushed around.

IF A MELTDOWN STARTS ANYWAY

- Stay calm yourself -- your tone matters more than your words right now.
- Lower demands for a moment rather than pushing through on schedule.
- Save the debrief for later. Mid-meltdown isn't the time to problem-solve or lecture.