

Morning Routine for Families



Before you reach for your phone, stimulate your own vagus nerve. Splash cool water on your face, and smile at yourself in the mirror, genuinely, even if it feels silly.

What did you notice in your own body after that?

Rung 1 of 10

Self First (Vagus Nerve Reset)

Morning Routine for Families



Rung 2 of 10
Wake Their Body Too

Before breakfast, give their body a chance to wake up too. A big stretch, a wiggle, a shake, or a few animal walks across the room.

What movement did they choose?

How did the movement change their mood?

Morning Routine for Families



Rung 3 of 10
Wake With Warmth

A gentle back rub between the shoulder blades, somewhere they can't reach themselves. Real eye contact. Ask how they slept, or how breakfast feels this morning.

What did you notice about their eyes, or what did they tell you?

If today's rushed, at minimum, real eye contact and a hand rub on the walk to the car still counts.

Morning Routine for Families



Ideally, they pack their own lunchbox at home. If there's no time, at least stand back and let them show you what they can do, then genuinely celebrate it.

What did they do for themselves today, and how did you celebrate it?

Rung 4 of 10
Independent and Capable

Morning Routine for Families



Rung 5 of 10
The Car

Before choosing music, check in as a family: who actually has the highest arousal this morning, you, your partner, or your child? Choose the soundscape to match that person, not just habit.

Who needed the priority today, and what did you choose?

Morning Routine for Families



Look up for birds and clouds on the walk in. Just notice, no rush.

What did you notice around you?

What did you feel in your own body doing it?

Rung 6 of 10
Noticing Together



Morning Routine for Families



Jump across the pavement cracks with their backpack on, real core and balance work, not just a game.

What did you notice in their body, while jumping or landing?

Rung 7 of 10
Moving Together

Morning Routine for Families



A quick high five or hug. Then say it plainly, out loud, "You are going to have a wonderful day."

How did they respond to hearing that?

What did you notice in your body?

Rung 8 of 10
The Goodbye

Morning Routine for Families



Walking back to the car, notice your own guilt or worry. Let it move through your body, a shake, a breath, a shoulder roll. You have the strength for today too.

What did you notice in yourself on the walk back?

Rung 9 of 10
Letting Go

Morning Routine for Families



Sit down with a cup of tea for a moment. You are trying your best. It takes real courage to let your child learn and grow, even when it's hard to let go.

Your child may be more capable than you sometimes give them credit for. What's one thing today that proved that?

Rung 10 of 10
You Are Doing Enough

