

NOELLE MICEK

INTERIORS



Parents

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NO MORE MANIC MORNINGS

Say goodbye to frantic mornings -- and cranky kids and parents. Good morning to new, simple rituals that help you start the day off right.



MAKE IT EASIER TO BE ORGANIZED

If children—even little ones—know where things go when they walk in the house, they'll have an easier time packing up in the mornings, says Noelle Micek, owner of An Organized Nest (anorganizednest.com), an interior organization and design firm in San Francisco. It works in the Chandra-Puri household where “each son empties his backpack, water bottle, and lunch bag when he comes in the door,” she says.

If you walk the child through the process a few days in a row—“Backpacks go here, lunch bags go here, important school papers live here”—it may even become a habit, says Jim Fay, co-author of *Parenting With Love and Logic* and co-founder of the Love and

Logic Institute. “Parents think kids are born already trained, but they’re not,” Fay says. He suggests holding practice sessions on weekends if kids aren’t picking up on the drill.

Practicing expectations and getting every family member involved in organization strategies and rituals will pay off, says Mary Pankiewicz, owner of Clutter-Free & Organized (clutterfree.biz), a professional organizing business in eastern Tennessee, and the mother of seven children. “Don’t be surprised if the kindergartener comes up with the best idea,” she says. And watch how invested they become in making mornings run smoothly when they’re involved in the solutions, says Paul Horowitz, M.D., founding partner of Discovery Pediatrics in Valencia, California. “It’s empowering for a child to take responsibility,” Dr. Horowitz says. And it can have a powerful impact: At the O’Connor household, children make their beds and bring their dirty clothes downstairs every day before breakfast. “We started this when they were little and it just became a good habit,” O’Connor says. Rituals work!

