

# Setting Up for Emotional Success: A Parent's Checklist

**Parents, listen up! Here are some tips to kickstart your mornings and set yourselves up for success:**

- ☐ **Put your well-being first with a morning activity.**
- ☐ **Stick to a consistent routine.**
- ☐ **Fuel up with a healthy breakfast.**
- ☐ **Start your day with positive affirmations.**
- ☐ **Prep for the day ahead the night before.**
- ☐ **Don't be afraid to ask for help when needed.**

**And for the kiddos:**

- ☐ **Chat with your child about their day ahead.**
- ☐ **Take some deep breaths or try a quick mindfulness exercise together.**
- ☐ **Make time for some quality bonding with your child.**

**Remember, parents, you are the backbone of your child's success. So, take care of yourself so you can better support them!**