

Conquering the Morning Madness





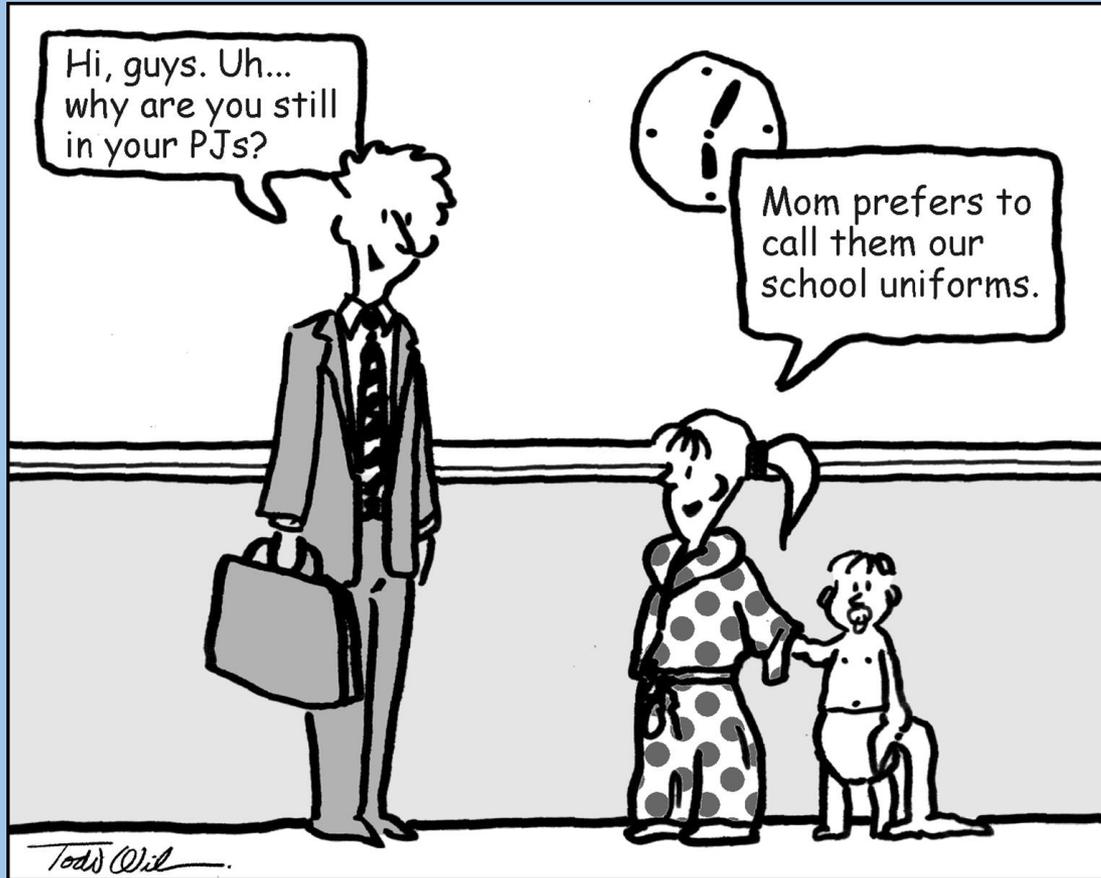
“Intelligence
plus character—
that is the goal
of true
education.”



Start the Day Out Right

- Establish a Morning Routine
- Instill Work Ethic
- Motivate Kids
- Hold Effective Morning Meetings

Morning Routine



Create a morning routine:

- ★ What time will the day start?
(What is everyone's schedule?)
- ★ What do you want to be accomplished?
- ★ When does everything need to be accomplished by?

Transfer Responsibility to Your Children

→ Set Expectations

→ Organize Expectations

- ◆ post the routine

- ◆ create a checklist

- ◆ create another morning routine chart

Name:

Kate



Take Shower



Get Dressed



Put Away Pajamas



Make bed



Brush Teeth



Comb Hair



Eat and Clear Dishes



Do Job



Read - 20 minutes



Nathan

To Do:

Done:

Make Bed

Brush Teeth

Comb Hair

Clean Room

Job

Read

Get Dressed

Week of: _____

Responsibilities

Shower & Get Ready

Clean Room

Jobs:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

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Scripture Memorization

Psalm 24: 3-4

“Who shall ascend into
the hill of the Lord? Or
who shall stand in his holy
place?



He that hath clean hands,
and a pure heart; who
hath not lifted up his soul
unto vanity, nor sworn
deceitfully.”

Recite Twice a Day:

Appointments & Activities

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Studies

• Language Arts _____

• Math _____

• History _____

• Science _____

• Tech/Typing _____

• _____

Work Ethic

“It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.”

-Ann Landers

Teach hard work, responsibility, and work ethic by:

1. Having Children Participate in Daily Chores

“Helping out at home raises self esteem: when parents insist that kids do their chores, they are letting them know that they're not just loved, they are needed.” -Wendy Mogel



❖ Purpose of chores:

- teach hard work
- teach responsibility
- teach teamwork
- teach skills
- house cleaned



2. Starting Young

“Research over the years makes a strong case for chores. A University of Minnesota analysis of data collected over a 20-year period found that the best predictor of success in young adulthood, on measures related to education completion, career path, and personal relationships, was whether they had begun doing chores at an early age — as young as 3 or 4.” - Ami Albernaz, *Sparing chores spoils children and their future selves, study says*

Start Young

- as early as 3 years old
- start very simple and give lots of help and praise
- the habits established will pay off
- be flexible





3-5 Year Olds

- help unload dishwasher
- help set table
- empty small trash cans
- sort laundry
- help make bed
- dust specific areas
- vacuum with a handheld vacuum
- fold small towels and washcloths
- help clean up toys
- help clean bedroom
- help feed a pet

6-11 Year Olds

- unload dishwasher
- empty trash cans
- sort laundry
- help do a load of laundry
- fold and put away clean laundry
- make bed
- dust
- vacuum
- sweep garage
- clean bedroom
- feed a pet
- wash walls and baseboards

12+ Year Olds

- wash dishes
- take out trash
- mow lawn
- do a load of laundry
- clean bathrooms
- vacuum
- mop
- vacuum out car
- wash car
- wash windows
- clean blinds
- pull weeds

3. Work With Your Children



4. Be Positive

“When we look forward to work with a happy countenance and a good attitude, we will not be surprised when our children turn out just like us one day: happy, hard workers.”

-Nicholeen Peck,
Teaching Self Government



5. Teach Step by Step

“Steps for building skills in children:

- first we do it for them,
- then we do it with them,
- then we watch them do it,
- then they do it completely independently.”

-Julie Lythcott-Haims, “How To Raise An Adult”

Motivation

How can we best motivate our children?

“How the tasks are presented also influences children's abilities to become well-adjusted adults. The tasks should not be too overwhelming, parents should present the tasks in a way that fits the child's preferred learning style, and children should be involved in determining the tasks they will complete, through family meeting and methods such as a weekly chore chart. They should not be made to do the tasks for an allowance. The earlier parents begin getting children to take an active role in the household, the easier it will be to get them involved as teens.”

-“Involving Children In Household Tasks: Is It Worth the Effort?” as published by the University of Minnesota

Motivating children to participate in daily routines & chores:

- **Hold a family meeting and involve them in the process.**
- **Help your children understand that they are needed.**

“Involve people in the problem, immerse them in it, so that they soak it in and feel it is their problem and they tend to become an important part of the solution.”

Stephen R. Covey



➤ **Be patient.**

“Anything worth doing well is worth doing poorly—at first.” -
Ray Congdon

➤ **Give heartfelt praise.**

“Good teaching also follows a predictable format: smile throughout, shower advice, warn, encourage, praise, and, most importantly, set the example.” -
Oliver Van DeMille, “A Thomas Jefferson Education”

➤ Identify each child's specific needs and learning style.

○ Needs:

- Does the task need to be broken down into simpler steps?
- Does the child need more specific instructions?

○ Learning Styles:

- Auditory
- Visual
- Kinesthetic

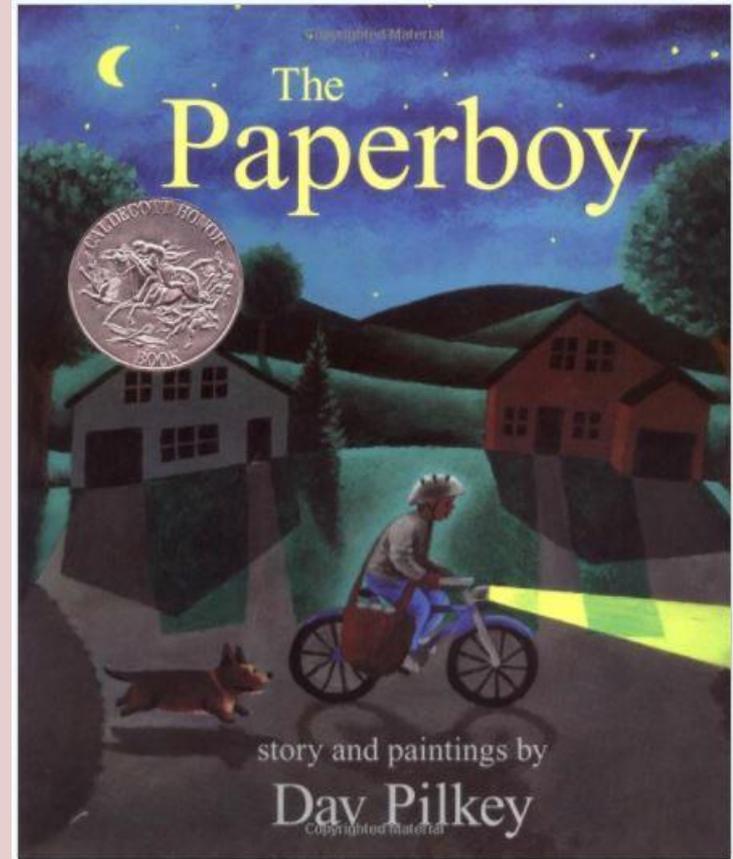
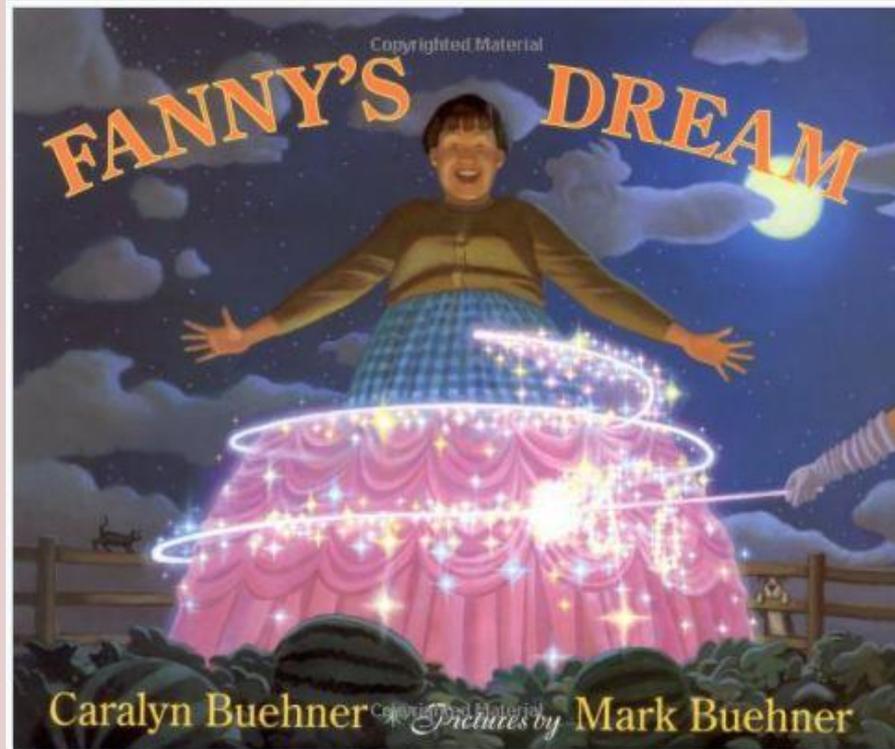


➤ Identify each child's motivational currency.

- This may be the same for all the children or may need to be individualized.
- Motivational Currency:
 - time with friends
 - electronics time
 - tokens
 - praise
 - special activity with the family
 - special privilege



➤ Share stories of hard work and perseverance.



- **Start small and gradually increase responsibilities.**

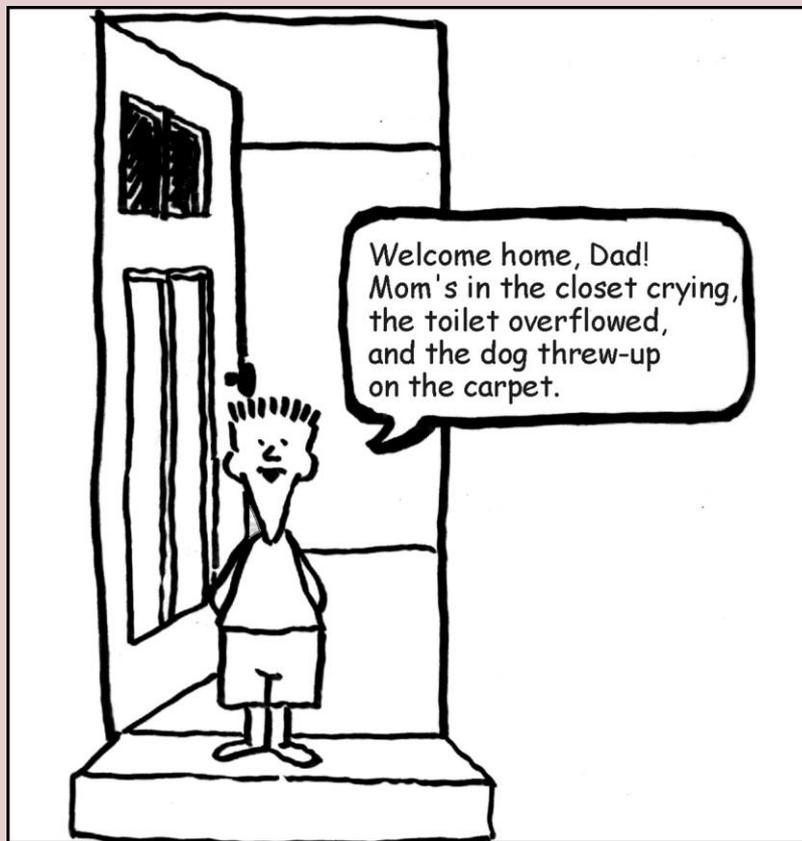
“For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little.”
-Isaiah 28:10
- **Allow natural consequences to take place.**

“Sheltering people from natural consequences teaches irresponsibility.” -Stephen R. Covey
- **Be consistent.**

➤ **Be patient through the process.**

Remember, not every day will go smoothly and perfectly, and that is ok. In fact, that is to be expected!

- ★ You will have good days and bad days.
- ★ The kids will have good days and bad days.
- ★ It is in this process that true learning takes place!



Todd Wilson - *The Official Book of Homeschooling Cartoons* - www.familymanweb.com
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“That which we persist in doing becomes easier--not that the nature of the task has changed, but our ability to do it has increased.”

-Ralph Waldo Emerson

**What do we do
when met with
major
resistance?**



“Look at the weaknesses of others with compassion, not accusation. It’s not what they’re not doing or should be doing that’s the issue. The issue is your own chosen response to the situation and what you should be doing.”

-Stephen R. Covey

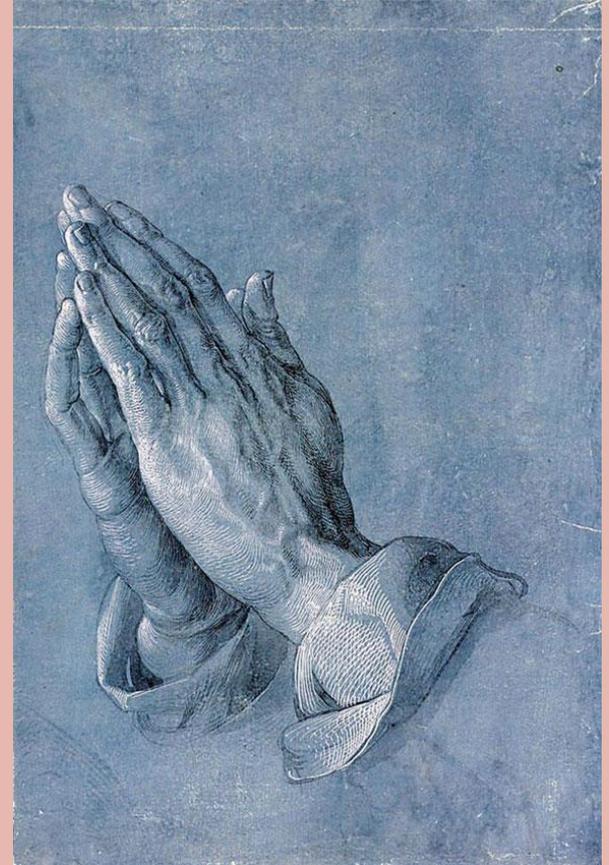
From the book of Mark-



“Then Jesus beholding him loved him.”

“I believe that there are parts to human nature that cannot be reached by either legislation or education, but require the power of God to deal with.”

-Stephen R. Covey



Morning Meetings

- give a formal start to the school day
- invite God into the day's work
- teach character
- teach through repetition

Possible Morning Meeting Schedule:

- Prayer
- Pledge of Allegiance
- Positive Affirmations
- Calendar
- Scripture or Other Memorization
- Short Discussion
- Read Aloud
- Goal Setting (Monday)

❖ Positive Affirmations

*“You affect your
subconscious mind by verbal
repetition.”*

-W. Clement Stone

❖ Read Aloud

“If you organize your family time to spend even ten or fifteen minutes a morning reading something that connects you with timeless principles, it's almost guaranteed that you will make better choices during the day—in the family, on the job, in every dimension of life. Your thoughts will be higher. Your interactions will be more satisfying. You will have a greater perspective. You will increase that space between what happens to you and your response to it. You will be more connected to what really matters most.”

-Stephen R. Covey



❖ **Scripture or Other Memorization**

➤ **develop skills through daily repetition**

“As a skill is practiced or rehearsed over days and weeks, the activity becomes easier and easier while naturally forcing the skill to a subconscious level where it becomes permanently stored for recall and habitual use at any time.”

-Professional Learning Board, <https://k12teacherstaffdevelopment.com>

Date: May 5, 2017
5/5/17

MAY 2017 Mead

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 <i>last day of School</i>	26	27
28	29	30	31	<small>APRIL 2017 JUNE 2017 S M T W T F S S M T W T F S 1 2 3 4 5 6 7 8 4 5 6 7 8 9 9 10 11 12 13 14 15 10 11 12 13 14 15 16 16 17 18 19 20 21 22 16 17 18 19 20 21 22 23 24 25 26 27 28 29 23 24 25 26 27 28 29 30</small>		

This Month's Theme:
Compassion

Matt. 5:44
"But I say unto you,
Love your enemies,
bless them that curse
you, do good to them
that hate you, and for
for them which
despitefully use you
and persecute you"

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“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.”

-Jane D. Hull

