

# Cheat Sheet: Create a Healthy Home Rhythm

## **#1: Start with consistent sleeping times**

Work your way backwards from the time you want your kids to get up to figure out what their bedtime should be.

Make a simple evening routine to help them (and you!) wind down. It's ok to fudge the bedtime a little bit either way, especially when you're just starting. Make sure they're also getting plenty of physical activity during the day to wear them out.

Once a set bedtime becomes normal...

## **#2: Add in consistent mealtimes and snack times**

Keep the blood sugar steady for happier kids and fewer meltdowns. After a few weeks or months, whenever you feel like you have a solid handle on these anchors ...

## **#3: Add a morning routine**

Keep it simple! Make bed, brush teeth, brush hair, get dressed, eat breakfast. Then...

## **#4: Make a weekly rhythm**

Painting day, baking day, errand day, swimming day, or what fits your family

These first 4 steps will transform your home life. Once these first 4 are solid, if you want to level up...

## **#5: Make a cleaning schedule**

## **#6: Final step: whatever else you'd like**

Love,  
**Marjorie**

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