

How to Create a Daily Routine

1. The Night Before

- Prep clothes
- Prepare for work and daycare
- Fix lunches
- Plan breakfast
- Prepare the table

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2. In the Morning

- Get up earlier
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3. After Work

- Use the trip home to relax
- Leave problems at the office
- Talk to caregivers and teachers
- Focus on your family
- Develop an "on the ride home" ritual
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4. In the Evening

- Get comfortable
- Have a dinner planned in advance
- Concentrate on your family
- Save time for yourself
- Avoid struggles
- Limit interruptions
- Make dinnertime peaceful
- Clear the table together
- Create a peaceful sleeping environment
- Be flexible

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