

LUUMA

MONTHLY

Calm Mornings

Less chaos, more connection

A parenting guide
grounded in early childhood
education & positive pedagogy

PLUS MEMBERS EDITION

From the Editor



Luuma Monthly is grounded in Finnish early childhood education, positive pedagogy and a deep respect for every child's individuality and strengths.

This publication is created to support everyday parenting with practical ideas, reflection and gentle guidance for real-life family moments.

It does not replace professional advice, but offers tools, perspectives and encouragement to help parents navigate daily challenges with more clarity and calm.

At its core, Luuma is about seeing your child clearly - and yourself with more kindness.

- Luuma Kids

Your calm morning

Toolkit

Every morning looks different.
Find what you need today and
jump to the page that can help.



IF YOUR CHILD...

GO TO...



won't get dressed



Page 17

Clothing train & dressing tips



doesn't listen to instructions



Page 10

Give one instruction & stay close



gets distracted easily



Page 11

Make mornings predictable



cries during transitions

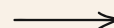


Page 12

Connection before correction



wants to do everything by themselves



Page 6

Independence with support



needs motivation



Page 15

Morning mission game



You don't have to figure it out alone.

Ask in the Luuma Community. Share, get support and learn from other parents.

This month's theme

Calm Mornings

There are mornings that feel like they start already behind.

The alarm goes off, time is moving too fast and before anyone has even properly woken up, the pressure is already there. A child who refuses to get dressed. A breakfast that takes too long. A shoe that suddenly “doesn’t feel right.” And a parent trying to keep everything moving forward while also keeping everyone calm.

Some mornings feel smooth. Others feel like a negotiation from the very first minute.

And if you’ve ever felt your patience run out before you’ve even left the house - you are not alone in that.

This month is not about perfect mornings. It is about making mornings feel lighter, more connected and more predictable for both you and your child.

Because mornings are not just logistics. They are the emotional start of the day.

WHAT'S HAPPENING?



Changing mental states



Emotional regulation is still developing



Time pressure increases stress



Children need predictability

FOCUS CALM, NOT SPEED

WHY MORNINGS FEEL SO OVERWHELMING FOR YOUNG CHILDREN

If your mornings with young children feel rushed, emotional or unpredictable, you are not alone.

One minute your child is getting dressed. The next minute they are playing with a sock, building a tower or telling you a long story about dinosaurs. Breakfast takes longer than expected, someone cannot find their shoes and suddenly everyone feels stressed before the day has even started.

It can be easy to think your child is not listening or is not trying hard enough. In reality, mornings ask a lot from young children. They are expected to wake up, get dressed, brush their teeth, eat breakfast, remember several steps, stop something they enjoy and get ready to leave the house. These may seem like simple tasks to adults, but they require many skills that are still developing.

When we understand what is happening in a child's brain, mornings often become easier for everyone.



THEIR BRAIN IS STILL DEVELOPING

Young children are still developing executive functioning skills. These skills help us plan, remember instructions, stay focused, manage emotions, control impulses and move from one activity to another.

Adults use these skills without thinking about them. Children are still learning. This is why your child may remember to put on a shirt, but forget their socks. They may brush their teeth independently one morning and need several reminders the next day.

This is not because they are lazy or trying to make things difficult. Their brain is simply still developing. Instead of expecting children to remember every step by themselves, we can support them while giving them opportunities to practice these skills every day.



Parent tip

Children are more likely to succeed when we break the routine into small, manageable steps.

EVERYDAY ROUTINES ARE LEARNING OPPORTUNITIES

Daily routines are about much more than completing tasks before leaving the house. In early childhood education, everyday moments are seen as valuable opportunities for learning. Children learn through doing, repeating and participating in real-life situations.



Getting dressed

Helps children practice fine motor skills, problem-solving, patience and independence.



Brushing teeth

Teaches responsibility and self-care.



Packing a bag

Supports planning and memory.



Helping with breakfast

Builds confidence and a sense of belonging.

It is often quicker for adults to do things for children. However, when children are given time to try, they slowly build confidence and become more capable.



Create an environment that supports independence

- Can my child actually do this on their own?
- Can your child reach their clothes?
- Do they know where their shoes belong?
- Can they access their toothbrush?
- Is there a predictable place for important items?

Small changes in the environment can reduce frustration and make daily routines smoother. Children do not always need more reminders. Sometimes they need an environment that helps them succeed.

PRACTICAL WAYS TO MAKE MORNINGS SMOOTHER

1

One step at a time

Too many instructions at once can overwhelm young children. Break the routine into small steps. “Let’s put on your shirt.” Once that is done, move to the next task.

2

Offer choices

Children enjoy having some control. Instead of asking “What do you want to wear today?” offer two simple options: “Would you like the blue shirt or the green one?”.

3

Transitions take time

Switching from one activity to another is hard for young children. Give simple warnings before a change. “In five minutes we will get dressed.” and use a visual timer. This helps children prepare mentally.

4

Sensory needs matter

Bright lights, loud noises and busy rooms can be overwhelming. Try softer lighting, comfortable clothes and a calm environment to start the day.



Try this tomorrow

- ☐ Prepare clothes the night before
- ☐ Give one instruction at a time
- ☐ Offer two choices
- ☐ Add extra 10 minutes
- ☐ Make it playful

LESS REMINDING, MORE INDEPENDENCE

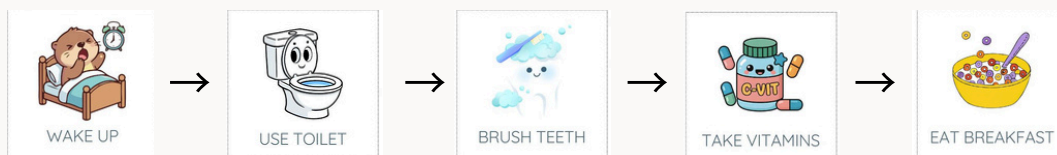
How visual routines can help your child know what comes next.

Young children often understand better when they can see what comes next. A simple visual routine can reduce stress and support independence. Instead of repeating instructions many times, you can point to the next step. Over time, many children begin using the routine independently. This helps them feel capable and confident.

TRY THIS AT HOME

Start small. Choose only 3–5 parts of the routine your child finds difficult.

For example:



Let your child check, move or turn each step when it is finished. You don't need to remind them about the whole routine. Simply ask: "What comes next?"



A little reminder

The goal is not to make your child follow a perfect routine. The visual is there to help them need less help from you over time.



LUUMA TIP

Keep the routine where your child can easily see and reach it.

CONNECTION BEFORE CORRECTION

When children are overwhelmed, they often need understanding before they can cooperate. Instead of immediately repeating instructions, try acknowledging what they are feeling.

"I know you want to keep playing."

"It is hard to stop when you are having fun."

"I can see you are trying."

Connection does not mean removing limits. Your child can still need to brush their teeth or put on their shoes. It simply means showing your child that you understand while guiding them through the next step.



EVERY CHILD HAS DIFFERENT NEEDS

There is no single morning routine that works perfectly for every family. Some children wake up ready to talk. Some children need quiet time before they are ready to interact. Some children want breakfast immediately. Others need more time before eating.

Instead of searching for the perfect routine, observe your own child.

Ask yourself:

- Which part of the morning feels hardest?
- When does my child seem most calm?
- What situations usually create stress?
- What small change could make things easier?

Observation is one of the most valuable tools parents have.

Children communicate their needs through their behavior. We just need to take the time to notice.

THE GOAL IS NOT A PERFECT MORNING

Every family has difficult mornings. There will be days when someone spills breakfast, refuses their clothes or cannot find their favorite shoes. That is part of life with young children.

The goal is not to create perfect mornings. The goal is to create a supportive environment where children can slowly build independence and confidence.

Notice the small moments.

- The first time your child puts on their jacket alone.
- The morning they remember what comes next.
- The day they carry their own backpack to the door.

These small steps are how important life skills grow. Mornings are not just about getting out of the house. They are daily opportunities for children to practice independence, responsibility and problem-solving.

Remember!
One small step at a time.



A little reminder 💕

You are not just getting through the mornings.

You are helping your child grow skills for life.

You are doing a great job.

MORNING SOS

Your child refuses to get dressed.

TRY THIS FIRST

- 1 Stop giving several instructions. Calm your voice down if you have raised it.
- 2 Get close and give one clear instruction.
- 3 Offer two acceptable choices.
- 4 If emotions are already high, help your child calm before continuing.
- 5 Make the first step playful.

SAY THIS

“ Blue shirt or green shirt?

“ I know you don't want to stop playing. But it is time to get dressed. Do you want to start with your shirt or pants?

DON'T WORRY ABOUT

Your child needing help today, independence develops slowly

IF THIS KEEPS HAPPENING



Try the Clothing Train on page 17



Set up a visual routine like the one on page 9



Share your situation in the Luuma Community.

From our community

Real questions from parents

Example Q&A for this demo issue

Q

My 3-year-old refuses to get dressed every morning. Even when I give enough time, it often ends in crying. What could I try?

A

Morning transitions can be difficult for young children, especially when they need to stop one thing and move to another. Try making dressing more predictable. You can lay the clothes on the floor in the order they go on or use a simple visual routine. Give two choices when possible, for example “the blue shirt or the green shirt?” Keep the choices small so the morning does not become another negotiation.

Q

My child wants to do everything by themselves in the morning, but we are always in a hurry. Should I just help even when they say no?

A

Wanting to do things independently is an important part of development. When possible, give your child time to try. You can also divide the task: “You put on your pants and I will help with your shirt.” On busy mornings, it is okay to give more help. Independence does not mean your child has to do everything alone every time.

Ask your own questions in the Q&A thread.

Tips for getting dressed

Getting dressed can be easier and more fun with a few simple strategies.

Reminder



Independence
takes time.
Celebrate
small steps
every day.

1 Create a “Clothing Train”

Lay the clothes on the floor in the order they should be put on. This gives your toddler a clear visual sequence and makes the process feel like a fun game.

2 Use “Bead jar” reward or a reward chart

When your child makes an effort to get dressed, let them put one bead into a jar. When the jar is full, they earn a reward. This helps motivate and shows them that their effort matters.

3 Make dressing playful

Children love to play. Turn dressing into a fun game. Pretend to “make mistakes”: “Oh no! Does the foot go into the sleeve? Noooo! Where does it go? Show me!”

4 Play music while getting dressed.

Play a fun song and challenge your toddler: “Can you get dressed before the song ends?” This turns the routine into a playful race and helps keep them focused.

5 Keep the mood positive

Praise effort, not perfection: “Great job trying by yourself!” “Well done pulling up the sock!” Encourage, smile and stay light-hearted.

Activity of the month

Morning mission game



Turn your morning routine into a simple mission your child can look forward to.

1

Create 3-4 missions

Choose the key morning tasks; get dressed, brush teeth, eat breakfast, put shoes on etc.



2

Turn them into levels

Each mission is a level.

Example:

Mission: Get dressed during this song.

Level 1, Complete!



3

Celebrate completion

Celebrate together for 10-15 seconds.

High five, cheer or a happy dance.

Or use our "Completed Missions" board to collect completed mission cards.



My morning

Mission board

Complete your daily missions and collect stars!

1 LEVEL 1 	2 LEVEL 2 	3 LEVEL 3 	 ALL DONE! 
			
 Fill a level to earn your badge. Finish all levels to become a Morning Mission Master			

MORNING MISSIONS

Cut out the mission cards and stars. Choose different missions each day.
Complete them to earn a star! Use the same cards on the Morning Wins board!

 Get dressed	 Brush teeth	 Eat breakfast	 Put shoes on	 Clear my plate
 Pack bag	 Make bed	 Use toilet	 Be kind	 Try by myself



My morning

Morning wins

Small steps are worth celebrating!

THIS WEEK I AM PRACTICING:

(Choose one thing to focus on)



Add a star or a sticker each day when I try!

MON	TUE	WED	THU	FRI	SAT	SUN
						

WE DID IT!

Choose a small way to
celebrate together. _____

(For example:
Going to a park, letting them pick a movie or
letting them choose what you eat for dinner.)

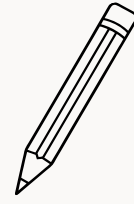


PARENT NOTE

Focus on effort, not perfection.
Give a star when your child tries,
not only when everything goes perfectly. Remember
everything starts with small steps.

Creative corner

Draw your morning



Ask your child: “What does your morning look like?”



Myth vs reality

Parenting myth

A good morning means there is no crying.

Reality

Children can cry, feel disappointed and still have a successful morning.

The goal isn't silence.

The goal is helping them through big feelings.

Big emotions are welcome.
Kind boundaries stay.

Good Morning Sun

A simple morning craft to start the day with a smile.

You will need:

- Yellow paper
- Orange paper (optional)
- Scissors
- Glue
- A black marker
- Popsicle sticks or strips of paper (optional)

Instructions:

1. Make the sun

Cut out one large yellow circle for the sun.

2. Add a happy face

Draw a smiling face in the middle of the circle.

3. Create the sun rays

Cut out 8–12 long strips or triangle-shaped rays from yellow or orange paper.



4. Write positive messages

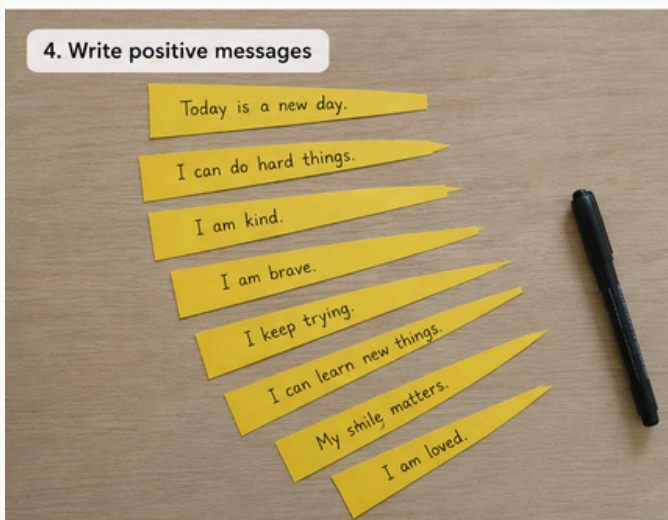
On each ray, write one kind morning message.

For example:

- Today is a new day.
- I can do hard things.
- I am kind.
- I am brave.
- I keep trying.
- I can learn new things.
- My smile matters.
- I am loved.

5. Glue everything together

Glue the rays behind the sun to create your cheerful morning sun.



Morning idea

Each morning, read one sun ray together before starting the day. You can also let your child choose their "message of the day."

Monthly challenge

5 Calm morning days

For 5 days this month, try these small shifts

☐

Add 10 minutes of buffer time

☐

Reduce verbal instructions

☐

Offer limited choices instead of commands

☐

Avoid rushing and keep your tone calm

☐

Focus on connection over getting it done



Observe what changes

Try one small change or try them all. See what helps your mornings feel calmer and easier. Every family is different, so keep the ideas that work best for you.

Parent reflection

Take one minute

Ask yourself these questions:

What went well this week?

What was difficult?

What will I try tomorrow?



You don't need to change everything.
One small change is enough.

One minute read

Your morning doesn't need to be perfect.



Children don't remember whether
breakfast happened at 7:12 or 7:18.

They remember how mornings felt.

A calm parent is more valuable than a
perfect schedule.

A note for you



You're doing an amazing job!



Parenting is one of the hardest jobs in the world. And most days, no one sees how much you do.

You wake up early, you plan, you remind, you solve problems and you keep going even when you are tired.

Your love, your patience and your presence matter more than you think.



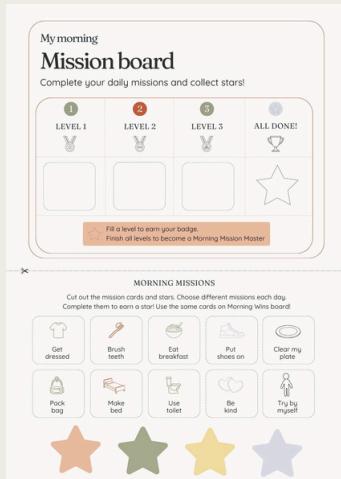
**You are not alone in this.
We see you, we support you and
we are so happy you are here.**

Keep going, you've got this!

Tools for calmer mornings

Need a little more support?
These Luuma Kids tools are made to help children see what comes next, build independence and make everyday routines easier.

INCLUDED THIS MONTH



Morning mission board



Morning wins chart

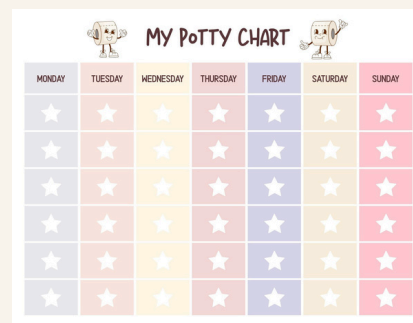
Included with your Luuma Plus membership

WANT MORE SUPPORT?



Routine charts

Help your child see what comes next.



Potty training daily chart

Make potty training more motivating.



Plus members always get 20% off Luuma Kids printables
You'll find all member discounts in the Luuma Kids shop

Need more personal support?



STILL STRUGGLING WITH MORNINGS?

Maybe you have tried visual routines, choices and preparing the night before, but mornings are still difficult. In a consultation, we can look more closely at what is happening in your family and find strategies that fit your child.

Luuma Kids Parent consultation

Get practical, personalized support for your family's everyday challenges.

Choose
what works
for you:



Email
consultation

or



Video
consultation

We can talk about things like:



Morning and
bedtime struggles



Challenging
everyday
situations



Routines and
transitions



Cooperation at
home



Independence



Big emotions



And more...

PLUS
MEMBER
BENEFIT

Members receive **10% off** all parent consultations.



BOOK YOUR EMAIL OR VIDEO CONSULTATION TODAY.



[BOOK HERE!](#)

Luuma Kids consultations offer educational parenting support and do not replace medical, psychological or other professional healthcare services.



YOU'RE NOT ALONE

Join the Luuma Plus Community

Get deeper support and connect with parents who truly understand.



Community forum access

Join threads, ask questions and connect with parents who understand.



Join parent groups

Find parents in a similar stage of life and support each other along the way.



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