



Keywords: equal parenting - structure - time management

Initial situation

One parent says that he took care of the children alone in the mornings for years. He noticed that his child is more relaxed when the routines are always the same.

The care treasure

The family now gets up at the same time every morning and has a fixed routine. In addition, the family has introduced a division of tasks between both parents.

One parent prepares the lunch boxes and is the first to leave the house. The other parent then takes care of breakfast and getting the children dressed and takes them to nursery.

	Mama	Papa
07:00h Aufstehen & Kaffee trinken	♥	♥
07:30h Kinder wecken		♥
07:45h Frühstück	♥	
↳ danach Anziehen, waschen & Zähneputzen	♥	
08:30h Kita, Schule		♥

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Benefit

The fixed structures make everyday life easier for the family.

In addition, the new division of tasks relieves the parent who previously did everything alone. Because they leave the house earlier in the morning, they still have time in the afternoon between finishing work and picking up the children.

Additional information

To make mornings easier, the family lays out their clothes for the next day in the evening.