# The School-Morning Breakfast Map

*Make breakfast fit the clock and the people eating it.*

Prepare the choice and teach the task before the morning rush.

Example: departure is 7:20. Breakfast is ready at 6:50. The adult prepares the familiar meal, the child sets spoons, and a checked backup is available if an ingredient is missing.

## 01 Set the morning clock

Start with the actual school arrangement.

Departure / transport time

Confirmed school breakfast arrangement

People eating at home

Food-ready time

## 02 Choose available breakfasts

Use familiar choices suited to household needs.

First breakfast / ingredients

Dietary needs to account for

Second breakfast / ingredients

Ingredients missing tonight

# The School-Morning Breakfast Map / Review & follow-through

## 03 Teach the preparation

Assign only tasks the person can safely do.

Adult preparation duty

Child task / supervision needed

Items safely set out tonight

Cleanup handoff

## 04 Test the late-start plan

Correct the bottleneck after the rush has passed.

Available backup breakfast

Delay that triggers the backup

Person who communicates the switch

Next-morning correction