



Life Simplified

Compassionate Move Managers
& Organizers

Establishing Routines for Kids

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Establishing Routines for Kids

Sure, kids might complain and test their boundaries, but in reality, regular routines can provide them with a sense of safety and security. To put it simply, kids crave routine and structure!

Mornings

Mornings can get crazy. That's why it's best to set up an easily accessible list of tasks that need to be completed. From brushing teeth and combing hair to getting dressed and grabbing school supplies, this will help the little ones stay on track before rushing out the door.

After School

After the kids come home from school, their mind is probably already set on sitting in front of the TV or playing outside with their friends. But before they run out of the car, ask them these key questions that will make them think about their time management.

- How much homework do you have?
- How long will it take?
- When do you think you should begin working on it?

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Once you have these answers, establish a set time for homework to start.

Evening:

The evening should be a time to relax, read, shower, and go to bed!

Kids Organization Checklist

- Keep a family calendar in one central location. Track everyone's activities, and go over the calendar daily with the kids.
- Incorporate chore charts, so your kids know exactly what is expected of them. These daily checklists can remind your kids to: make the bed, read for 20 minutes, make their school lunch, etc.
- Daily lists are also great tools for tracking homework! This helps kids learn to prioritize. And by creating a reward system, it encourages your child to develop a routine. Remember, consistency is key. It takes 21 days to make something routine!

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Kids Organization Checklist Cont.

- Assign chores that involve sorting. For example: putting away socks, folding laundry, collecting the mail or emptying the dishwasher.
- Help kids get ready for the next day by picking out clothes, packing school/sports bags, and preparing their lunch and snacks the night before.
- Create systems for toys, clothes, closets, and books. Show your kids that there is a home for everything.
- Teach your kids how to organize a designated binder for each school subject and their homework.
- Establish a homework routine. Set a timer and create a homework area that's clean and clutter free!
- Kids love to get involved. Let them help with cooking or baking!

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Meet Annie Kilbride, Founder & President



Annie Kilbride is the proud owner & fearless Leader of the team at **Life Simplified, LLC. a Professional Move Management & Organizing Company.** Annie's compassion for others & ability to use time efficiently are apparent the first time you meet her. As a former critical care nurse, she applies her knowledge and ability to connect with others to each job, utilizing her passion and talent to simplify your move, project, even your life.

Over the years, Annie has used her assessment, communication and planning skills to develop Life Simplified into more than just a professional organizing company. She has branched out into the Professional Move Management and Staging arenas. Her ability to use her compassion along with her skills has made her a leader in all these fields.

Annie has also donated her services to local fundraising events that help the community. She has had the gratifying experience of helping two local nonprofit organizations create an amazing donation center for the community in order to provide clothes and food that they would not otherwise have any access to. She has taught at the local community college & local adult school and had many speaking engagements. Annie has even been flown to Key West to help a client, as well as, been interviewed several times on local radio and TV shows & been quoted in several different newspaper articles.

In addition to her organizational talents, Annie strives to educate others. Annie's team helps guide clients through many overwhelming and difficult life altering decision making processes with compassion and absolutely no judgement.

Annie & the Life Simplified Team go the extra mile—she will hang something on the wall, move furniture, pick up supplies, pack her car full of donations. She will even bring all your items to sell, and arrange for all pick-ups, contact auctioneers, eBay personnel and get you fair value for your unwanted clutter. Annie will arrange for the electrician, handyman, junk man, movers, etc. and keep ALL of them on schedule!

Annie & her team are members of National Association of Productivity & Organizing Professionals, Real Estate Staging Association, National Association of Specialty & Senior Move Managers, The Keys Guild, SBO Partner Program & has been voted Best of the Main Line & Western Suburbs by Main Line Today.

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