

# Getting dressed starts the night before



Four things to set up before the morning.

**1**

**Lay the clothes out the night before, in order.**

In the order they go on. The row does the reminding, and the morning opens with the first decision already made.



**2**

**Buy the clothes that make it possible.**

Soft, seamless, tagless, elastic waists, wide neck holes. Half of this fight is the garment and not the child.



**3**

**Practice a new texture when nothing is at stake.**

Hand it over on a calm afternoon and let them touch it. A new fabric met at seven in the morning is a new fabric refused at seven in the morning.



**4**

**Say what they did, the second they do it.**

Praise the attempt rather than the result, and name the step out loud so they know which part earned it.

