



A FREE GUIDE

8 Parenting Hacks for Stress-Free Mornings & Bedtimes

BY LADI BINT IDREES

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FREE

**ROUTINE FLASH CARDS
FOR KIDS
INSIDE!**





Hi there...

My name is Ladi Bint Idrees...

I am a forty-plus mother of three whose own journey through divorce after fifteen years of marriage has deepened my compassion for families walking challenging paths. For nearly two decades, I have served as a teen mentor and educator, guiding young people with wisdom, discipline, and care.

I am passionate about my faith and worship of God, and believe that strong families are the foundation of a healthy humanity. I am also a self published author whose writing reflects my dedication to nurturing children and shaping homes rooted in love, discipline, and purpose.

I hope my legacy will be a lasting shift in how the world views the family — not just as a private unit, but as the heartbeat of our shared future.

I pray we can benefit from each other on this noble journey...

#FaithBasedParenting #ParentingWithPurpose
#FaithAndFamily #InspiringFamilies #ThrivingChildren
#BooksWithPurpose #TheSoloParentPlaybook #AuthorLife
#FamilyLife #StrengthAndGrace



WELCOME

Dear Parent,

If mornings feel like chaos and bedtimes feel like battles, you're not alone. Many families struggle with these daily transitions. But here's the good news: small, consistent changes can bring peace back into your home.

In this short guide, I'll share simple hacks I've tested in my own family (and with many parents I mentor) that help mornings run smoothly and bedtimes feel calmer. Start with just one hack, and you'll notice a difference within a week.



With care,

Ladi bint Idrees
MUM • EDUCATOR • MENTOR



How to use this guide

This guide is designed to give you quick wins you can put into practice right away. You don't need to do everything at once — start small and build gradually.

- Pick one hack (morning or bedtime) to try today.
- Practice it consistently for at least a week before adding another.
- Adapt the routines to fit your family — every home is unique.
- Use the printable routine cards (included inside) to help kids follow along without constant reminders.

Celebrate small wins — even one calmer morning is progress!

✨ Within days, you'll begin to notice a shift: less stress, smoother transitions, and a calmer home environment.

Questions?

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8 HACKS FOR STRESS FREE MORNINGS AND BEDTIMES





MORNING HACKS





HACK 1 Prep the night before

- Pack school bags, set out uniforms, and prep lunchboxes the night before.
- Saves decision fatigue in the morning.



HACK 2

Use a Morning Routine Card

- Visual checklists (with words or pictures) help kids know what's next.
- Example: Brush teeth → Dress up → Breakfast → Shoes → Out the door.



HACK 3

Wake Up 15 Minutes Earlier (Parents First)

A calm parent sets the tone. Wake up before the kids, even for tea or prayer.



HACK 4

Prayer

Asking God for strength and control over your household is sure to make things easier.



BEDTIME HACKS

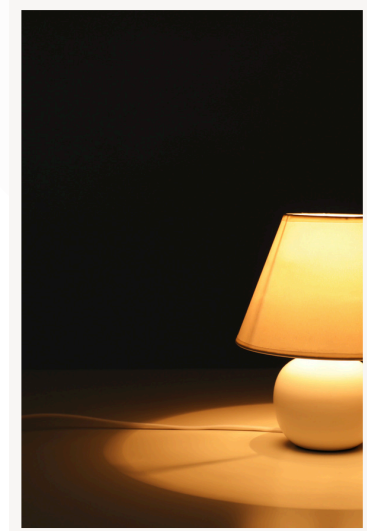




HACK 5

Create a Wind-Down Ritual

20-30 minutes before bed → no screens.
Replace with reading, journaling, or quiet family chat.



HACK 6

Set a Consistent Sleep Cue

- Set a Consistent Same routine every night (e.g., shower → pajamas → story → dua/prayer).
- Kids' brains learn to associate this sequence with sleep.



HACK 7

Use a Bedtime “Parking Lot”

- If your child worries at night, give them a notebook to “park” their thoughts.
- Helps them feel safe letting go until tomorrow.



HACK 8

Dont forget prayer!

Winding down for the day by saying a prayer with the kids before bed tells God you are relying on Him at all times and in all situations.



How to Use Routine Cards



- Print the cards on regular paper or cardstock for durability.
- Cut them out along the dotted lines (lamine if you want them to last longer).
- Arrange the cards in order (Morning or Bedtime) and place them where your child can see — on the fridge, bedroom door, or a corkboard.
- Let your child flip or remove each card as they complete a step. This gives them a sense of progress and independence.

Celebrate completion! A high-five, smile, or “Well done!” reinforces the routine and builds confidence.

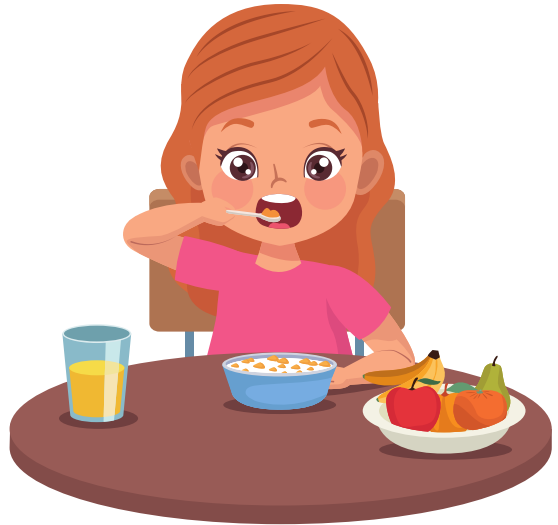
✨ **Tip: For younger kids, use mostly pictures/icons. For older kids, feel free to use coloured permanent markers to add the specific time for each routine. This encourages them to practise telling the time.**



MORNING ROUTINE



WAKE UP



EAT BREAKFAST



GET DRESSED

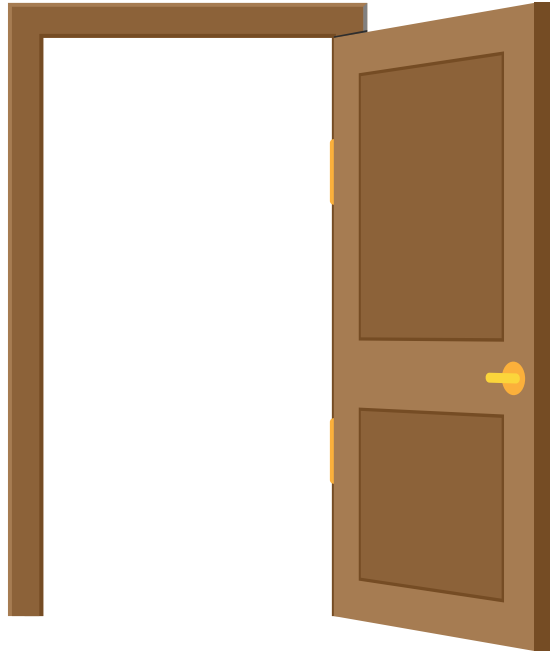


BRUSH TEETH

MORNING ROUTINE



GRAB BAG AND
SHOES



OUT THE DOOR

BEDTIME ROUTINE



SHOWER



DINNER



BRUSH TEETH



STORY TIME

BEDTIME ROUTINE



PRAYER/GRATITUDE



SLEEP



Next Steps...

THANK YOU FOR TAKING TIME TO GO
THROUGH THIS GUIDE.

Parenting doesn't have to feel like chaos. With a few simple shifts, you can reclaim calm mornings and peaceful nights. It is a journey filled with both challenges and beautiful moments. Remember — even small changes can transform your home. A calmer morning, a smoother bedtime, a more connected conversation... these are the building blocks of a thriving family.

👉 Save this guide somewhere handy. Try one hack today. Add another next week. Consistency is what makes the difference. You don't have to do it all at once. Start with one routine, one habit, and keep going. Each step you take is a gift to your children and yourself. ❤️

✉️ I'll be sending you more practical tools, activities, and encouragement directly to your inbox — so keep an eye out! And when you're ready to go deeper, I'd love for you to explore my upcoming guides and books on teen coaching, family nurturing, and faith-guided parenting.

You're not alone on this journey — I'm cheering you on every step of the way.

With encouragement,



WANT TO CONNECT SOME MORE?
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FACEBOOK: LADI BINT IDREES

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COMING SOON!



Coming Soon! My new ebooks on faith-guided parenting and teen coaching will be launching. You'll get early access as part of this community. Stay tuned!