

School Ki Subah

7:40 baje. Ek sock. Deep thoughts. — roz ka war zone

KYA KARO

1. Race raat ko set karo — bag, uniform, joote
2. Checklist bachche ko do, aap sirf poochho
3. Timer ya gaane se race karao

YEH BOLO

Paas jao, ek line: "Aarav — socks, phir joote."

"Timer on! Joote tak beat kar sakte ho?"

YEH MAT KARO

- ✗ Doosre kamre se "JALDI KARO" chillana
- ✗ Har step khud karke unka kaam chheenna
- ✗ Subah screen dena — transition war pakka

SCIENCE KYA BOLTI HAI

Bachcha time feel nahi kar sakta — clock uske liye invisible hai. Structure dikhao, awaaz nahi.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/morning-school-rush

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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