



waldorf MOMS Top Tips to having a Rhythmic Day:

- [Valarie Budayr](#) The night before I write down the 5 most important things to accomplish the following day and put it on the fridge. When I wake-up I take a few quiet moments for myself. Important to take breaks throughout the day.
- [Jennifer Jo Lickiss Tan](#) Planning meals and meal times on week days. You can do this on weekends and even plan to feature Steiner's grain and color of the day.
- [Rebecca Richard](#) A wise woman ([Kristie Karima Burns!](#)) once told me to have three pillars that you work your day around... for us, it is our breakfast together, our afternoon walk, and our group snuggle at bedtime. Besides that, I second [Jennifer Jo Lickiss Tan](#)'s meal planning suggestion (my grain of the day meal plan is prob. my most popular blog post). I think having a household management binder that is nice to look at and full of all the info/lists I need inside page protectors so I can check things off/write notes with wet erase marker keeps me organized- I think lots of people have all this stuff.
- [Kristie Karima Burns](#) :) Those three pillars or anchors are what keep me together each day! Another thing I always tell people is to have a clear goal for what you want your rhythm to feel like because even if you don't "make it" each day you at least need something to strive for, The third thing I always keep in mind is that some days the DAY has its own rhythm. If a child got ill perhaps this is the day to learn about caregiving and compassion. If there was a snow storm perhaps this is the day to build an igloo (takes an entire day but is so worth it!)