

# PDA Morning Routine Reset

One-page nervous system plan for smoother mornings (PDA + AuDHD).

## Why mornings trigger PDA

- Demand stacking + time pressure = threat
- Freeze can look like “refusing”
- More prompting → more anxiety

## Parent nervous system first

- Pause 10 seconds before you speak
- Soft voice + slower body = safety
- Lead the calm, not the debate

## Anchor cue (no nagging)

- Use 1 cue: playlist, timer, Alexa
- Let the cue do the talking
- Same cue daily builds predictability

## Pre-decide the night before

- Clothes, bag, shoes at door
- Remove decision fatigue
- If bath is a trap, move it later

## Micro-autonomy choices

- “Order is yours, I keep time”
- “Help starting or privacy?”
- Offer limited choices only

## Screen = tool, not leverage

- Not “take away,” just “move access”
- Screen after shoes / in car
- Keep it neutral, not punitive

## Body doubling (ADHD + PDA)

- Sit nearby, calm + quiet presence
- No talking, no reminders
- Your presence helps the brain start

## Emergency unstick plan

- One step only: “Stand up.”
- “I see stuck. Let’s start together.”
- Support the next step immediately