

# FamilyCircle

NEW IDEAS  
FOR THE  
**GRILL**



ORGANIZING  
SOLUTIONS



THE BEST  
SUMMER  
**COCKTAILS**



*Haute Dogs*  
page 82



## FROM THE EDITOR

**T**o me August is awesome because the weather is warm but not oppressive, with plenty of summer days and nights left to come. How I feel about August echoes my feelings about this issue—lots to love. For fun I asked some of my editors to share highlights of what they worked on. Email me at [linda@familycircle.com](mailto:linda@familycircle.com) to tell me what you liked best.

**Lynya, health director** A few years ago, I tried a week-long clean eating challenge that didn't even last until lunchtime. Too complicated. Too expensive. Now thanks to dietitian Mitzi Dulan, I'm making a go of it. In "Clean Eating Made Easy" (page 94), she explains how to get in on the lifestyle without going to extremes or breaking your budget. Her banana pancakes? Beyond yum!

**Suzanne, lifestyle editor** Jamaica is definitely my happy place—I adore the vibe, the people (my grandpa is from there), the music and, of course, the food. Connecting with the Rousseau sisters for "One Love: A Jamaican-Style Dinner Party" (page 63) was a real treat.

**Dori, senior beauty editor** I'm a huge fan of all things sparkly, so naturally I loved working on "Gilt Complex" (page 29), a feature all about metallic makeup. Spoiler alert: When I get married in November, there will definitely be a touch of shimmer in my bridal look.

**Darcy, executive editor** Choosing which books to review is a torturous process

for me—there are so many good ones, but we only have so much space. Young adult (YA) fiction has been a personal fave since my days as the fiction editor at *Seventeen*. Happily, my tween daughter and I just resumed bedtime stories but with much weightier YA reads, like *Goodbye Stranger*, *Taking Flight* and *Thirteen Reasons Why*. I hope one of my picks in "Book Swap" (page 18) brings you and a loved one together.

**Jonna, deputy editor** In my mind, a smooth, easy morning sets the tone for a great day. It's all about getting my kids (12 and 8) and myself out the door on time, with everything we need in our bags and smiles on our faces. The advice from Leslie Josel in "5 Secrets to Stress-Free Mornings" (page 114) is the basis for my new, improved game plan.

**Danielle, senior home editor** Since I struggle with storage every single day in my tiny New York City apartment, maximizing every inch of space is key. For "Clear the Clutter" (page 43) I challenged myself to find pieces that are smaller and smarter than the status quo baskets, bins and shelves.

**Lisa, design director** Before I design an entertaining story, tasting some of the recipes in our staff kitchen is usually my favorite way to get my creative juices flowing. But when I was working on "One Love: A Jamaican-Style Dinner Party," I took advantage of a different way to get energized—the party playlist that the Rousseau sisters provided!



*Linda*

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## Contributors



**CAROLINE HWANG**

She holds a master's degree from New York University and has written for national magazines, including *Self* and *Glamour*, for 20 years. Turn to page 106 for Caroline's essay on what trying diet pills taught her about weight loss.



**ANDREW HOWARD**

The son of two Florida interior designers, Andrew has styled homes for *HGTV Magazine*, *Southern Living* and now for us in "House of Blues" (page 50). He runs his own design firm in Jacksonville, where he lives with his wife and two sons.



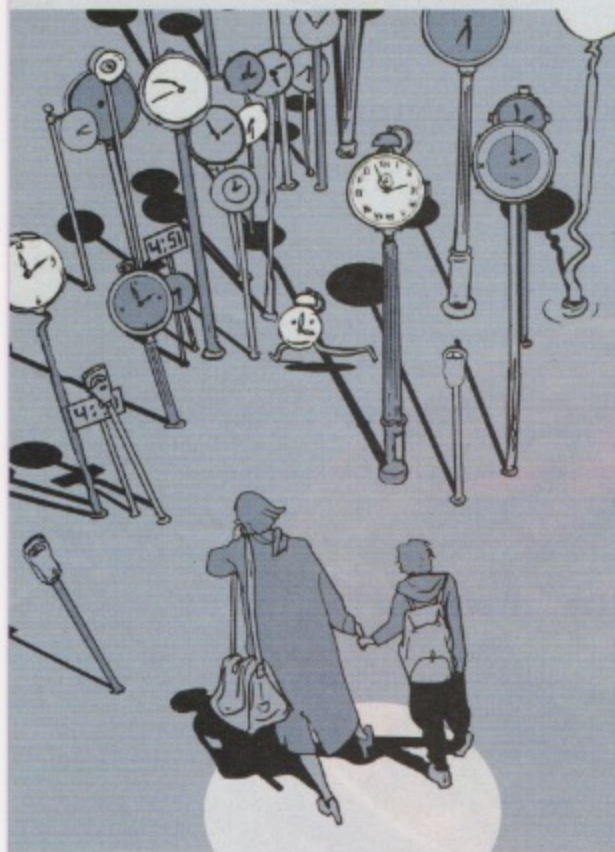
**LESLIE JOSEL**

After her son was diagnosed with ADHD, this New York-based mom immersed herself in research on the best ways for kids—and grown-ups—to stay organized. Leslie shares her findings in "5 Secrets to Stress-Free Mornings," on page 114.

# 5 Secrets to Stress-Free Mornings

All you need is a game plan. **BY LESLIE JOSEL**

*If getting kids off to school saps your energy and sends you into your day already exhausted, you aren't alone—in fact, parents tell me this on a regular basis. There is a better way! Establish a smoother, sanity-saving routine with a three-pronged approach.*



## BEFORE SCHOOL STARTS

In order to set about creating a realistic a.m. time line, you need to know roughly how long it takes your kids to complete certain tasks. So first things first: For a week or two, make it your business to keep a detailed log, noting how long it takes them to do morning-specific activities, such as shower, get dressed and eat a decent breakfast. This information will help you establish an overall framework and dictate how much time everyone actually needs to get out the door, which can help you plan effectively.

Brainstorm a comprehensive reminder checklist. Include everything a kid could need—backpack, lunch, cell phone, keys, instrument, sports equipment. Jot it on a dry-erase board or on a piece of paper tacked to a cork board right

by the launching pad (see “P.M. Pointers,” right) so you can easily update it when necessary.

## THE ROUTINE ITSELF

Obviously, waking up is the first challenge. Buy alarm clocks with extra-loud bells or buzzers, and don't even think about allowing the use of a snooze button—that's a rabbit hole no one should go down. Avoid music because it tends to quickly become white noise and lull the listener back to sleep. Don't put the clock next to the bed—instead, place it as far away as possible to force your kids out from under the covers to turn off the alarm. Once they're up, the odds that they'll get moving increase exponentially. At that point, music can be invigorating. If your teen needs an initial energy jolt, don't be afraid to blast the tunes. In my house, the first thing my husband does when he gets downstairs is crank up the stereo. Nothing puts a smile on my face faster than hearing my son come out of the bathroom singing whatever song is on—then I know he's in the swing of things.

If your kids seriously dawdle, try a technique I call billboarding. First, place an analog (non-digital) clock in every room of the house your kids use—yes, even the bathroom—so they can see the “sweep” of time. Place a large sticky note next to the clock with the clearly written time they need to be out of that room. Seeing the clock hands moving alongside the reminder of what time they need to leave the room will help keep your dawdlers on track.

Cede control whenever you can. Does your son like to brush his teeth at the kitchen sink? Does your daughter want to wait until she's in the car to put on her jacket? Maybe it's not what you would do or want them to do. Let them anyway. As long as kids are moving through their morning routine, give them as much control as possible. Remember, getting out the door quickly in the morning is our priority, not theirs.

**MEET THE EXPERT** Mom of two **Leslie Josel** is the founder of Order Out of Chaos, a consulting firm specializing in student organization. For more information, go to [orderoochaos.com](http://orderoochaos.com).



## P.M. POINTERS

Don't muck up the morning with tasks that can easily be done the night before.

### KIDS SHOULD:

#### Choose clothes.

That means everything, including accessories, shoes, even a coat.

**Shower.** If it's a tough sell, point out that an evening shower can result in a little extra morning sleep.

#### Double-check the launching pad.

It's a dedicated space for everything—packed backpack, instruments, gym sneakers, library books, whatever—they will need to grab and go in the morning.

### MOM OR DAD SHOULD:

#### Prep breakfast.

Place yogurt at eye level in the fridge or protein bars on the counter.

#### Talk the talk.

If you need to go over anything about the next day or an after-school plan, now is the time.

ILLUSTRATIONS BY ISTVAN BANYAI