

Goro-Goro

Dear Homekeeper,

Morning wake-up routines can have lasting results on a person's day. Perhaps developing some family traditions can unite us and bring back happy memories from days gone by.

There was a TikTok post and Newsweek.com article around April 5 about one such ritual. A recently widowed mother of four videoed her children dancing one morning in memory of their father who danced each morning (since his honeymoon) for 30 years. He started his, and in turn by default his family's day off in the best example displaying his joie de vivre.

Gora-Gora is a Japanese tradition of relishing those first moments, some call the magic time, at dawn between sleeping and waking. Gora-Gora's meaning is also compared to the sound of a cat purring! A favorite adult memory for me is someone bringing me a cup of coffee wake up p to. Since my current furry-legged friend can't do that, I indulge in Goro-Goro for a moment or two at dawn, often looking out the east window of my bedroom, watching the sunrise at daybreak.

A teacher shared with me once how one of her preschoolers who was having a bad day said in a burst of tears: "I want to go home and put my (pa)jammies back on!" We've all been there. When working outside the home I felt like I already had a full-time day before going to work when trying to get my four kids out the door.

To cultivate a serene atmosphere at home, allocate some “me-time” to ground and center yourself. It may mean waking up a bit earlier in the day. As a morning person, my internal clock nudges me awake early, regardless of my bedtime. For night owls, prepping for the day ahead before winding down can ease you (and everyone else) into a less hectic morning. What an easier start to the day by laying out the night before the clothes to be worn.

My family members left each morning, particularly in their years as teens, in shifts. The one morning a week we all left together was on Sunday which took some coordinating. We scheduled daily showers between the night and morning to allow time for them and plenty of hot water!

On my family’s birthdays, I adopted the practice of serving them breakfast in bed, giving the loved ones a kickstart on their special day with the meal of their choice. I probably took it one step too far telling the birthday person it could be their meal of choice. Always playful, one of my kids would request an assortment of things. It would be a breakfast made up of all sugary things (donuts, hot chocolate, smoothies, cinnamon buns) for example. Or pizza, or a delivered fast-food breakfast. It was only one morning a year, so I indulged them. He settled down a few years later opting for a traditional breakfast. Honestly, the hardest part was when I had back-to-back birthdates in a week.

Is there any tradition you do to help those in your household start their day off better? A friend told me she would wake her kids by bringing a small glass of orange juice to their beds to drink when waking them up, taking a one-on-one moment with them. A simple

gesture filled with love and care. My friend Ada Lou designated breakfast as the family meal of the day. She said they ate all sorts of meal entrees, except salads. For those not opting for this or to dance: a verbal affirmation, goodbye kiss, or a subtle physical touch helps create a warm home atmosphere. It fosters a sense of connection and love.

Send me an email, with the subject line "Dear Homekeeper" with your rituals. Until next time, warmest regards. Cathenry.ch@gmail.com

P.S. "Light Tomorrow with Today" Elizabeth Barrett Browning