

## Routines Can Help Kids Get to School On Time

Give yourself and your children enough time to get ready for school each day. No TV on weekday mornings can help.

**Set a regular bedtime schedule. Consider your child's age when choosing an appropriate time.**

- ▶ **Plan ahead the night before.**
  - Plan and pre-prepare breakfast
  - Have your children choose their clothes and shoes the night before
  - Pack backpacks with completed homework and snacks/water
- ▶ **Set a regular bedtime schedule. Consider your child's age when choosing an appropriate time.**
- ▶ **If your children are often late for school, have them go to bed 10 minutes earlier and get up 10 minutes earlier.**
- ▶ **Have kids bathe or shower in the evening instead of the morning.**
- ▶ **Help your children relax before bedtime with a story or book. Avoid the stimulation of television.**
- ▶ **Have schoolwork and lunches ready and laid out, ready to go.**
- ▶ **Create a special folder for completed assignments so your children have their schoolwork organized and at hand.**
- ▶ **Have your child walk to school or the bus stop with another child who is always on time.**
- ▶ **Limit / balance extra-curricular activities. Don't let your kids become so busy that they don't have enough time to sleep and stay organized for school.**
- ▶ **Have a back-up plan for cold weather and organize cold weather gear the night before.**
- ▶ **Get proper rest and go to bed early yourself. Your health and well-being are important, too.**

