

Routines Can Help Kids Get to School On Time

- ▶ Routines can be profoundly comforting. They give children and teens a sense of security and control over their lives and their environment.
- ▶ Establishing and following routines helps young people develop good habits that can last a lifetime, including organizational and time management skills.
- ▶ Having daily routines can help get children to school on time each day.

Many children and teens benefit from predictable and regular routines.

What can your family do?

- ▶ Give yourself and your children enough time to get ready for school each day. No TV on weekday mornings can help.
- ▶ Provide your children their own alarm clock. Teaching kids to set and use an alarm can help them learn responsibility.
- ▶ Plan ahead the night before.
 - Plan and pre-prepare breakfast and lunches as much as possible
 - 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 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.
- ▶ Create a folder for completed assignments so your children have their schoolwork at hand.
- ▶ Have your child walk to school or the bus stop with another child who is always on time.

- ▶ Balance extra-curricular activities. Being involved in activities outside of school has numerous benefits, but 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 bad weather days, and organize cold weather gear the night before.