

Handy Hints for Manic Mornings

- Use a reward chart (with pictures) listing the tasks your child has to complete each morning; ie, brush teeth, get dressed, have breakfast. Reward with smileys or stickers.
- Lay uniform out the night before
- Pack a lunch box the night before and keep in the fridge. Pack school bags and book bags the night before.
- Allow the tv or computer on only if your child is dressed and completely ready, it can often slow them down or lead to arguments.
- Encourage a healthy breakfast, not giving too many choices to prevent arguments.
- Print off the school calender so you remember when non- uniform days/dress up are, sports days and special events. Check the book bag for letters
- Transport- does this depend on weather- check the weather forecast the night before and plan ahead depending on whether you are walking, driving, cycling or scooting.
- Help and praise your child and try to keep a calm encouraging tone of voice when in a rush and panic!
- Motivate with music, play some loud get up and go tunes!
- Set the clock back a few minutes and don't tell the kids!

