

READY SET GO

Getting your Child to School on Time



WHY is it important?

It means your child can:

- Be organised for class
- Meet up with friends
- Know what's happening for the day
- Be ready to learn key skills



HOW to do it?

ROUTINE

Children need to develop routines to maximise learning

- Food/afternoon tea after school
- Fixed Homework Time
- Packing school bag after homework or before going to bed
- Clothes ready the night before including socks and shoes (and jacket)
- Regular bedtime
- A Time to get up and a Time for leaving for school

Factor in the “morning time” for you and your child

Plan to arrive at school 15-30 minutes before school starts!

Different children take different times to get themselves ready. Some children will be ready in 10 to 15 minutes. Others can take up to 1½ hours! Factor this into your morning routine.

SLEEP

Ensure your child has enough sleep

- If your child can go to bed, fall asleep easily, wake up easily, and not be tired during the day, then they're getting enough sleep.
- School-aged children still need somewhere between 9 and 12 hours of sleep at night.

POSITIVE ATTITUDE

Remember you are a team!

- Keep in mind the big picture—being on time for school means your child can start the school day ready to learn and know what is planned for the day
- Use a reward chart
- Talking positively to your child about what will be happening at school
- Giving lots of praise when your child is ready to leave for school
- Try not to 'lose it' when you are late. Have a reward when you all get it together.
- Talk with your child's teacher about joint strategies between home and school if your child is consistently late.
- If you find it difficult to be on time, identify all the things you need to do before you all leave to school. Work out what you can delegate.
- Make a checklist.

Remember: School is Cool

For more information, phone Otago Youth Wellness Trust on **474 7306**