

CHECKLIST FOR PARENTS

10 HELPFUL IDEAS

To Consider When Creating a Calm "Before-School" Morning Routine

1. Plan ahead and prepare as much as you can the night before. ☐
2. Wake up early and ensure you have plenty of time to get ready. ☐
3. Get yourself completely ready first before turning your attention to your child. ☐
4. Keep it Simple. Only do essential tasks. Do not expect too much of yourself or your child. ☐
5. Try to avoid shouting. Get down to your child's level. Talk calmly and clearly. Only talk when they are listening. ☐
6. Include time in the routine to enjoy things that have nothing to do with school. This reminds children that school is only a small part of their day/week/year/life. ☐
7. Include time to deal with pre-school nerves. Plan how you will discuss nerves, worries and anxieties. ☐
8. All parents/responsible adults should show a "united front" about going to school. Avoid one adult feeling all the stress because the child thinks that one adult is "to blame" or the "the bad guy" in relation to school. ☐
9. Use visual aids to remind the whole family of the morning routine. ☐
10. Don't get "stuck-in-a-rut". As your child gets older the routine will need to change. If you have not reviewed your routine in a while, consider if it needs changing. ☐