

ARE YOU READY FOR SCHOOL?

 I went to the bathroom.

 I am dressed.

 I ate breakfast.

 I brushed my teeth.

 I have my library book/
School work.

 I have my backpack.

 I have my lunch box.

 I put on my shoes, jacket,
hat & mittens.

I AM READY FOR SCHOOL!

Morning Routines

The start of school can be stressful for both you and your child. Having a set morning routine can help decrease your stress levels, as well as your child's. A morning routine can also increase your child's ability to control their actions and be ready for learning.

- Be Consistent – Having the same routine **each morning** will help your child prepare for a consistent **school** routine, and allow your child to become independent.
- Prepare what you can the night before: make lunches, pack bags, and pick out clothes – This will help decrease stress in the morning.
- Use the chart – Having a visual of your morning routine will help your child become familiar with what they need to do and work on their self-regulation skills.
- Add in Fun – Making a morning routine fun will help engage your child and have them want to follow it. Play some music or make a game out of a routine! Have a race to see who can get dressed the fastest.