



Get Ready for School



Mornings can be the most stressful part of the day to ensure that children are in school on time.

A great strategy is to give children pictures of all the chores they need to complete before getting out of the house. If they struggle with listening to all the directions, the pictures will help their memory.

This will encourage children to be more independent and minimise the chaos of the morning routine before school.

Why not use Chore cards to make your mornings easier:

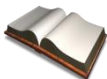
Night



Play



Tea



Homework and reading



Uniform ready



School bag ready



Bath and bed

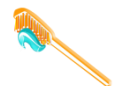
Morning



Eat breakfast



Put on clothes



Brush teeth



Wash face and hands



Put on coat and shoes



Get school bag and lunch

- Remember to praise your child's effort
- Consider leaving the Television off as it can distract children from getting ready.