

Helpful Hints for School Routines

Re-establishing your family's school routine after the long summer break can be trying. The time at home before school sets the tone of the whole day for both you and your children! Beginning your morning routine the evening before can save precious time in the morning, and start your day on a good note. Here are some helpful tips:



- **Create a special place for notes and paperwork:** All notes/paperwork from school go in one special place every day for you to review. The children should know where the papers belong, and be responsible for getting them there.
- **Set a specific time for homework:** Choose a time that fits your family's schedule the best, and try to stick to it everyday.
- **Designate a homework space:** Look for a space that has all of the important tools for learning: an appropriate writing surface, good lighting, quiet for concentration, and adult assistance when needed.
- **Pack homework right away:** Once homework is done and checked by you, have your children immediately place it in their backpack. Often a specific folder for completed homework helps children put it in the right place at night, and find it again when they get to school.



- **Plan lunch:** Look at the school menu and have the children decide if they will be buying a hot lunch or bringing lunch the next day. That way you can find lunch money or be prepared to make lunch.
- **Prepare lunch ahead of time:** Pack as much of their lunch as possible the night before. Lunch boxes containing non-refrigerated items can be set out with a note requesting a sandwich to be made the next morning. Older children can assemble their own lunch, as long as you check it to ensure it's nutritional value.
- **Get out school clothes:** Look at the weather report for the next day, and have your children pick out appropriate clothing – trying the outfit on before putting on PJ's can prevent a morning crisis - and don't forget to find both shoes!
- **Put book bags and outerwear by the door:** Make a space near the door to put packed book bags and outerwear - it can take a long time to find homework-packed book bags, lost mittens or a jacket appropriate for the weather. Grabbing them as you run out the door is much more efficient!

Do you have a slow poke in the morning? Try these tips:

- **Get him/her up earlier so they have more time to pull it all together.**
- **Put up a list of the top five morning tasks: brush your teeth, get dressed, eat breakfast, put on sneakers, etc.**
- **Encourage them to become more responsible and less reliant on you.**

