

Tips for Getting Out the Door!

Did you know? Morning routines and school attendance patterns are set in September. That means that you can set your family up for success by getting off to a smooth and drama-free September. Here's a "Nighttime Checklist" that you might find useful.

The Night Before Every School Day:

- Choose and lay out clothing and shoes.
- Gather any items that need to go to school (permission slips, library books, homework) and put it in your backpack.
- Grown-ups – find your keys, wallet and phone!
- Prepare lunches, if you take one to school.
- Set your alarm!

Other tips:

- Many households find that taking baths and showers at night helps reduce the morning rush.
- Kids who get tired of an adult "nagging" each step of the way might succeed with a series of alarms for their routine. (Or it might stress them out. You know your child best.)
- If your vehicle is unreliable, have a back-up plan to get kids to school. Make an arrangement with another parent so you can help each other out in a pinch.
- Set an "on time" goal with each child and adult. Decide on a shared reward if everyone makes it out the door on time all week. (It can be as simple as pizza for dinner on Friday.)