

## Top Tips of Things to Try

Here are some suggestions based on setting regular routines:

- Have a set time to go to bed on school nights
- Have a set time to be out of bed on school days – set the alarm earlier if needed!
- Have uniform and school bag (with reading book and homework) ready the night before
- Make packed lunches the night before
- Have set time for starting and ending breakfast
- Have a 'last stop' area and put everything needed for school in the area (don't forget coats, shoes, forest school clothes, musical instruments, etc)
- Set a time each day or week for homework
- Turn the TV/computer on for set times and not before school
- Be firm that children must go to school
- Give your child lots of positive encouragement and acknowledge they are organized and get to school on time
- Be firm; a birthday does not equal a holiday
- On arrival look for some of your child's friends and encourage your child to go and play with their friends
- Once settled leave quickly

