

*Let them shine*

*Remember, being on  
time:*



*Be at school on time!*

- ◇ *Helps your child to make the most of their learning*
- ◇ *Creates positive patterns for the future*
- ◇ *Helps your child to develop a sense of responsibility for themselves*
- ◇ *Supports making and maintaining friendships*
- ◇ *Avoids the learning of others being disrupted*



*Is your child at  
school on time  
every day?*



*Here are some  
tips to help!*

Encourage your child to lay out their school clothes before they go to sleep each night.



*Lead by example. If your child sees you making their packed lunch the night before, they will be more likely to pack their school bag in advance too!*

Make sure that your child is in bed early enough to get the right amount of sleep for them. Remember, some children need less than others!



Decide on a realistic time to get up; allowing enough time for everyone to wash, dress, and eat breakfast.

Have an alarm clock in yours, and your child's bedroom, and set them for the same time.



Involve your child in creating a morning routine to allow them to feel responsible for getting to school on time. Remember to display this in a prominent place!

Insist that your child dresses before breakfast. *A hungry child will usually oblige when they realise that breakfast in pyjamas is not an option!*



Keep breakfast simple. Cereal or toast is fine; save the bacon and eggs for the weekend!

*Introduce a 'no TV or electronic games until we are ready' rule, and stick to it!*



Encourage your child to do everything that they can for themselves (washing and dressing etc.); allowing you the time to carry out the tasks that they are not yet capable of.



*Remember to praise your child every step of the way and they will be much more likely to repeat their positive actions!*