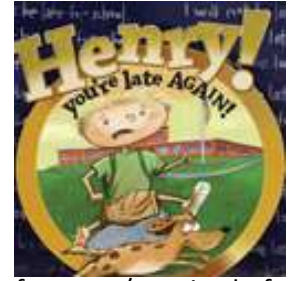


TIPS FOR PARENTS AND KIDS TO AVOID BEING LATE FOR SCHOOL

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1. Don't Go to Bed Until "All is Ready"

Leave ONLY what is necessary to do in the morning for the morning. Do the rest the afternoon/evening before. Do not leave it all to do right before bed as that delays bed time and people are tired and crabby then.

Example:

Everyone's clothing laid out (yes, even high school kids and the adults!)

Backpack/jacket/shoes by door

Breakfast dishes/food on table

All forms, homework etc in backpack

School lunch made

2. Set 2 Alarms

Adults set two alarms (be sure at least one is battery powered in case electricity goes out). Set one right beside your bed and noisier one far away so you have to get up to shut it off.

Every child should have their own. (Give everyone 15 minutes more time than you think they need.)

3. Run Your Routine

Establish routine and do not deviate from it. Sharing bathroom? Establish order of use

4. Be Calm

Use quiet voice. Expect same of children. If routine needs to be altered or if running late, know ahead what to leave out such as sit down breakfast (have granola bars, bananas, small boxes of cereals available to grab and eat on way to school/work). If teeth aren't brushed one morning or if shower needs to be skipped, it's ok.

5. Be Realistic

Life happens. No one is perfect. We are all late sometimes. Do the best you can and move on.

But do not assume it doesn't matter that your child is late for school. Every minute of learning counts and you're helping yourself and your child gain control and be independent and organized.

**Hug and tell your child you love them
even if it makes you late!**