Lift Hazelwood

Getting out of the house on time

Getting to school on time is not just about making sure your child doesn't get that late mark against their name on the register. It is important for lots of reasons:

• Children need time to happily settle into school, for some children running late can cause them anxiety and that can stay with them throughout the day.

• Playing with their friends before they go into class can relax them and support their friendships.

• The children may feel different from their friends and feel they stand out for the wrong reasons when they are late.

• The school day is structured to make the most of all the time they have. Your child may miss out on some important learning by being even a few minutes late.

Top tips



Check school bags as soon as they get in. On your way out of the door is not when you want to discover they were supposed to bring in something for show and tell or remember money for a trip!

Sort out all the letters and get bags ready for the next day.



Get the uniform ready the night before and hang it ready in your child's room. That way they can get themselves up and dressed while you do the same.

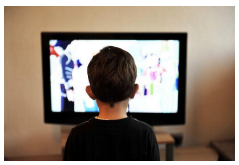


Get as much of their lunchbox ready the night before as you can. Don't put pressure on yourself to make a beautiful gourmet lunch with heart shaped sandwiches. Have as much ready in the fridge as possible so you can grab and go in the morning. Alternatively consider school meals. So much easier in the morning not having to mess around with lunch boxes.

Eating with their friends can also be a great way to encourage a pickier child to try new things.

A place for everything! Get your children into the routine of leaving school shoes by the front door, have a regular place for jumpers, bags, hair bobbles etc. so you aren't hunting around in the morning. Give your child responsibility for ensuring things are left in their place.





No TV while you are getting ready. There isn't a big problem with children having 10 minutes of TV or a play before school. But the deal has to be that this doesn't go on until they are completely ready- shoes and jumpers on, bags by the door and teeth cleaned etc. If turning it off when it is time to go causes a tantrum, then no TV in the mornings!

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Try a ‘to do list’ Having a list of the jobs in your morning routine displayed somewhere, with pictures to help younger children, can help the children to be more independent and get on with jobs without you having to nag

Keep it short and simple! Don’t overwhelm your children with a great long list of complicated instructions. Tell them what you want them to do now and next in as few words as possible. Then simply repeat until completed!