Supporting Student Success at Home

As parents and caregivers, you want to do whatever you can to ensure that your child(ren) is successful in school. One of the best ways to do that is to set expectations and build your child(ren)'s independence. Creating clear guidelines, practicing them, and sticking to them will create a routine of independence that ensures your child(ren) has executive function[1] skills like planning, problem-solving, persistence, managing time, and so much more that will help to build their success in school and in life.

Below you will find some examples of routines, procedures, and resources that you can build and put into place at home to strengthen your child(ren) independence right away. Feel free to use the ones listed and modify them to work for your family or come up with your own.

Evening and Morning Routine Checklist:

Work with your child(ren) to create an evening and morning checklist that is laminated/reusable and posted in an agreed-upon space(s).

- Evening Routine: If your child(ren) comes home right after school.
    - Unpack your backpack.
    - Get a snack and eat it.
    - Complete your homework.
    - Take your free time (go outside, video games, practice an instrument, attend practice, etc.)
    - Eat your dinner.
    - Take a bath/shower and PJs
    - TV/Tablet/Video Games
    - Brush your teeth
    - Read a book/magazine/comic
    - Bedtime
- Evening Routine: If your child(ren) attends an after-school program.
    - Take your free time. (go outside, video games, practice an instrument, attend practice, etc.)
    - Eat your dinner.
    - Take a bath/shower and put on your PJs.
    - Watch TV/Tablet/Video Games.
    - Brush your teeth.
    - Read a book/magazine/comic.
    - Bedtime
- Morning Routine:

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[1] "The executive functions are a set of processes that all have to do with managing one's self and one's resources in order to achieve a goal. [Executive function] is an umbrella term for the neurologically based skills involving mental control and self-regulation"

Cooper-Kahn, J., Dietzel, L. (2008). *Late, lost, and unprepared: A parent's guide to helping children with executive functioning.* Bethesda, MD: Woodbine House.

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    - Wakeup
    - Get yourself dressed.
    - Make your bed and tidy up your room.
    - Brush your teeth.
    - Eat some breakfast.
    - Pack your backpack.
    - Get on your jacket and backpack.
    - Leave for school.

Backpacks and Lunches:

Create a routine so your child(ren) knows what is expected of them and has clear parameters in order to be successful.

- Unpacking Routine:
    - They walk into the house and unpack their backpack.
    - Remove any containers from the lunch box and place them in the sink, throw any trash away, and place the lunch box in a designated spot.
    - Place homework folder and books in the spot designated for homework completion. (If your child(ren) completes homework in an afterschool program then you may create a space to leave it just to be checked/reviewed/signed.)
    - Place backpack in designated area.
    - Place a note or information for the parent/caregiver in the designated spot.
- Packing Routine:
    - Immediately after completion of the homework folder and all other materials are returned to the backpack.
    - The lunch box with lunch and/or snack is placed in the backpack or near the backpack in the backpack designated area.

Electives/Specials Chart:

Create a chart with your child(ren) that is placed in their room where they can easily view it with their name on it.

- Included on Chart:
    - Days of the week and the corresponding elective(s)/special(s).
    - Clothes that are needed for that elective/special. (e.g. smock for art or sneakers for physical education.)
    - Materials that are needed for that elective/special. (e.g. library book for library)
- If your children share a room each child would have their own electives/specials chart with their name on it.

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