

For more information, see ...

Websites/apps

www.netmums.com/children/back-to-school-hacks-for-mums-who-hate-mornings

Brilliant morning hacks that will help you all get out on time.

www.ahaparenting.com/parenting-tools/family-life/kids-morning-routine

Great advice for getting your child out of the door in the mornings.

www.afineparent.com/lighten-up/morning-routine-for-kids.html

Helping you start the day off on the right track.

www.madeformums.com/school-and-family/how-to-have-a-stress-free-afterschool-routine

www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx

Books

Morning Time (Me and My World) by Pippa Goodhart

I Am Not Sleepy And I Will Not Go To Bed by Lauren Child

Pumpkin Soup by Helen Cooper

Bedtime Book by Mandy Gurner

Tell me Something Happy Before I Go To Bed by Debi Gliori

Mustard, Custard, Grumble Belly & Gravy by Michael Rosen



Tips for parents and carers

Routines

There are lots of routines at school that your child will need to get used to:



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It will help if your child is used to a routine at home. Your routines may also have to change to fit in with school.

-  **Taking off and hanging up coats**
-  **Sitting in a circle with the teacher**
-  **Playing at different activities**
-  **Going outside to play**
-  **Sitting down for a snack**
-  **Listening to a story**
-  **Going to the toilet and washing hands**
-  **Eating a meal at the table**
-  **Singing together**
-  **Putting on coats to go home**

As well as new routines, your child will need to get used to being more independent.

Before school...

Waking up



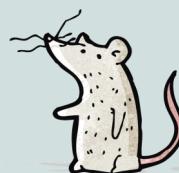
You will need to get up in plenty of time to prepare for school.

Eating breakfast

Your child will need a healthy breakfast to keep them going through the school day, for instance porridge, fruit, or cereal with no added sugar.



Tick off what your child can do already, and think about what they might need help with over the next few months.



Does your child:

Sit at a table and feed themselves?

Manage without a dummy?

Dress themselves and put their coat and shoes on and off?

Use the toilet?

Mix well with other children?

Have a regular bedtime routine and get to bed by 7 or 8?

Brush their teeth regularly and eat healthy food?

Go outside regularly and get exercise?

After school...

Playing together



Talking with your child about their day at school, playing and making things together will all help them learn better at school.

Sitting at table and feeding themselves



Even if you don't sit at the table to eat, they will at school. It's useful for them to practise this. They also need to use a knife, fork and spoon.

Washing and brushing teeth



It's great if children can learn to wash themselves—they'll need to wash their hands and face at school. Brushing teeth is very important for their health!



Going to bed

Children will get very tired after a busy day at school, and will need 12 hours' sleep a night.

