

For more information, see ...

## Websites/apps

[www.netmums.com/children/back-to-school-hacks-for-mums-who-hate-mornings](http://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](http://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](http://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](http://www.madeformums.com/school-and-family/how-to-have-a-stress-free-afterschool-routine)

[www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx](http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx)

[www.brushdj.com](http://www.brushdj.com)

Free, award-winning app that makes brushing teeth fun!

[www.readysteadytoddler.org.uk/everyday-routines/food-and-diet/index.aspx](http://www.readysteadytoddler.org.uk/everyday-routines/food-and-diet/index.aspx)

Healthy eating habits and a great mealtimes troubleshooting checklist.

<http://articles.extension.org/pages/25781/make-mealtimes-in-child-care-pleasant-easy-and-appealing>  
Tips to make mealtimes easier.

[www.webmd.com/parenting/guide/make-your-kids-bedtime-battle-free](http://www.webmd.com/parenting/guide/make-your-kids-bedtime-battle-free)  
[www.webmd.com/parenting/childs-bedtime](http://www.webmd.com/parenting/childs-bedtime)

Fix your child's bedtime routine once and for all.



## 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

# Routines

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



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



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.

# 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.

### Getting dressed



Give your child time to practise getting themselves dressed – doing up buttons or zips. They particularly need to practise putting on coats and shoes.

### 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.



## 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.



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?

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Charts can be useful to reward children and help them get into their routines

