

# GETTING YOUR CHILDREN TO SCHOOL ON TIME: WHY IT'S IMPORTANT



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- Young children are easily distracted. A classmate who comes into the room after an activity has started causes disruption. Disruptions can take time away from valuable activities.
- Your child wants time to visit his/her friends and settle into the classroom routine. Being late doesn't make that transition easy for them and they may feel anxious or rushed.
- Some children are embarrassed when everyone's attention is drawn to them. Being on time means that they are not an unexpected center of attention.

## Tips for Parents: Getting Off to a Good Start



**Be conscious of time:** Set all your clocks and watches to the same time. If you're one of those people who is normally late, set them up a little so that you've got some "wiggle room". Things usually take longer than you think, so make sure you've allowed sufficient time to get out of the house and on your way.



**Wake up when you're supposed to:** Don't hit the snooze button for just a few more minutes. Set a time to get up and do it! This is much easier if you go to sleep on time.



**Re-examine how long your daily tasks take:** Make sure that you're not underestimating the time it takes to get ready and out of the house in the morning.



**Plan your daily commute:** Check out the shortest route, where traffic jams might occur and alternate routes. Do this before you actually have to arrive at school. Check the weather reports for road conditions during inclement weather.



**Organize yourself:** Pick out clothing the night before. Plan lunches and put together what you can the night before. If you need to take something with you to school, put it next to your keys or purse.



**Eat breakfast at home:** Don't hit the drive-through...eating at home takes less time, costs less and is healthier!



**For children:** Have their clothes ready (including coats and mittens). Make sure they get baths the night before. Inspect backpacks and make sure all the books, materials and other items they will need the next day are there—put it by the door for easy pick-up on the way out. Check for any permission slips that need signing. If you've got one with a diaper bag, restock each day.

**Happy, organized parents = happy children= happy teachers!**



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