

# TOP TEN TIPS

## to Get Your Child to School on Time



### 10. Know what “on time” means.

Our campus opens at 8:20 AM, and class begins at 8:40 AM sharp. Your child is to stop in at the office for a pass if they arrive after 8:40 AM.

### 9. Know why it matters to be on time.

In the first few minutes in your child’s class they might talk through the schedule, complete classroom jobs, turn in homework, put away and obtain materials, do the Flag Salute, take lunch count, start a morning meeting and get rolling in the routine of the day. Missing any part of this is a big deal!

### 8. Consider eating breakfast at school.

Mrs. Mitchell and Mrs. Kerr are ready for you to come eat a hearty breakfast in the gym beginning at 8:10 AM each morning. Your child may even qualify for free or reduced priced breakfast – check in with the office about this program.

### 7. Consider taking the bus.

If a bus is offered near your home it’s a good, predictable way to go. The bus gives you a chance to get your child ready and we take it from there –our friends in Transportation get our students to school on time, like clockwork! If your child has not tried it, now might be the time!

### 6. Start an evening routine.

This might include your child setting their backpack by the door, putting their homework in the backpack, and getting pesky items like shoes and coat ready by the door as well. Could you get lunch and breakfast set out before you head to bed? Then follow this routine up with getting to bed at a good time. School and play are hard work and students need more sleep than you might expect!

### 5. Establish a morning routine.

You might consider a checklist or a schedule with simple pictures of the step by step of the routine. If you don’t want to be getting your child ready for work when he’s 21, this is a great step toward independence and a tool that can help him get there! An alarm clock is another powerful tool and makes you less of the enemy at wake-up time! Most devices have alarms on them as well. Give it a shot!

### 4. Trick yourself!

Set the clock on the microwave or in the car a few minutes fast so you can leave some flex time for yourself and your child. This may work for a chronically late spouse or partner as well!

### 3. Have a Plan B.

What should your child do if they wake up before you do? What will you do if your car won’t start? What about if you are too sick to drive your child to school? Plan ahead for these scenarios and you’ll have less stress!

### 2. Empower your child to do their part.

Whether they are in Kindergarten or 6<sup>th</sup> grade, typically developing or with a disability, your child CAN and SHOULD have some ownership in their daily routines. If your child can’t yet tie their shoes, choose a breakfast item or select an appropriate outfit, think about how over time, with guidance and feedback, they CAN do it! I have heard it said, “Your child will be as independent as you allow them to be!” Let’s add, as independent as you allow, *expect* and *guide* them to be!

### 1. Do your part as an act of LOVE.

Often times, it’s our actions as adults that cause our students to be late to school. Think about the times that you have been late to a meeting at work or a doctor’s appointment and how that made you feel. It can throw off your whole day, can’t it? Make it a priority to get your child to school on time to show them that school is important to you but more importantly that THEY are important to YOU!