

If you are not a fan of mornings like me and my children here are my top tips for surviving mornings and getting to school on time.



Get your child bathed and to bed on time.

This may be easier said than done, but you'll be glad in the morning because if your child is in bed at a sensible hour, they should wake up the next morning more cheerful and sprightly. If your child goes to bed late, they're more likely to wake up in a bad mood which will try your patience and they will move at a snail's pace which will slow you down!

Preparing the night before.

You'll breeze through the morning routine if you think ahead.



Lunches - If your children take a packed lunch, set aside time in the evenings to make lunches and pop them in the fridge ready to go.

Lay out school clothes the night before. Set out all your child/ren's clothes next to their bed, including pants and socks, there's nothing worse than opening drawers in the morning and finding all their pants or socks are in the wash!



Remember P.E day. Seeing a class mate and remembering half way to school can mean turning back.

Check Class Dojo for school letters and events. You don't want to be doing administration in the morning and realising it's a non-uniform day or something else half way to school may also mean going back home.



Work Stuff - Choose your outfit for the next day, and prepare your bag.

The Car. If you drive your child to school, top up the car with petrol in the afternoon or evening. Trying to fit a petrol stop into the school run adds stress.



Homework – If you are not morning people, never leave homework until morning, always do it at least the day before it's due.

Keep shoes in one place. Avoid peering under beds and behind sofas in search of your child's shoes. Find a spot where shoes always live, perhaps next to the front door.



In the morning

Alarms –Most people do not have an internal body clock that tells them when it's time to wake up. Invest in an alarm clock. If you like to reach over and press the snooze button for just 5 more minutes it's horrifying when you realise you had 25! If you have this habit, put your alarm clock away from your bed so you have to physically get up to switch it off.

Ready for Work - If you work, get ready before you get the kids up. If your ready, it's one less thing to feel stressed about.

Staying at home – Again, I'd suggest you get yourself up and ready first. However, if there's not somewhere you've got to be take a shower and spruce yourself up when you get back home if that buys you extra time.

Keep Breakfast Simple - A breakfast of toast/porridge/cereal/yoghurt/fruit is fine. Personally, I am a fan of toast, it's very clean and can be eaten on the go if necessary!



We can provide toast in school for 20p per slice. If your child is in receipt of free school meals they can have a slice for free.

Larger families -If you have a larger family, train your older children to dress and get themselves ready within a certain time limit so you can concentrate on your little ones.

Washing & Toothbrushing – If your child is prone to going into daydream mode in the bathroom, invest in a timer to let them know how long they should be in there. If you really need to, set up a toothbrushing station by the kitchen sink where you can keep an eye on what their doing and the speed their doing it.



TV & Technology –Avoid social media until after school drop off it sucks time right out of your morning. If your children are late risers, avoid TV or iPad - they sidetrack them and who wants to miss the end of a program or stop what they're doing.

Hugs – Lastly, always leave 10 seconds to give your child a hug (if they want one) and wish them a great day!



Time Yourself

You know your children best so think about how long it's going to take each of you to wash, get dressed, eat and anything else you need to do like feeding pets, nursery drop offs etc. When you have your estimation, add about 15 -30 minutes to this timeframe as a safety net and use this as a suggested time to get up

Some Problems with being regularly late to school

Anyone could be late occasionally for an unforeseen circumstance, but if you and your child are regularly coming to school late it can cause issues, for example:

- **It can feel uncomfortable or embarrassing for your child to walk into the classroom late.**
- **Being late may cause some children to feel anxious.**
- **Important instructions are missed and the class is interrupted.**
- **Children who arrive late lack time to interact with their peers and teacher and get themselves ready for their busy day.**
- **Being late every day adds up to hours or even weeks over the academic year which can affect your child's attendance.**

Do you need any support?

Mornings can feel really difficult and hectic especially if you have a new baby, large family, a child with additional needs or you are going through a tough time.

If you would like any support with your morning routines and getting your children to school on time.

Please call the school office on 0116 2811963 and ask for:

Mrs Jarrams – Family Support Worker.



Email: fjarrams@littlehill.leics.sch.uk



Top Tips for getting to school on time

