

Cool Tool for Parents
**MORNING ROUTINE**

**FAMILY EXPECTATIONS:**

Be Safe \* Be Respectful \* Be Responsible \* Be Caring \* It’s the Jaguar Way!

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| BE SAFEGet ready safely. | BE RESPECTFULFollow parent’s directions. | BE RESPONSIBLEFollow your morning checklist. Be on time for the bus. | BE CARINGSay good morning with a smile |

MORNING ROUTINE PROCEDURES:

1. Post copies of the morning checklist where they are easily visible to your child.
2. Use an alarm clock to wake your children. Wait a few minutes after the alarm goes off to enter your child’s bedroom.
3. Greet your child and remind him/her to follow the morning checklist. Leave the bedroom.
4. If your child does not get up within five minutes, go back into the bedroom and remind your child of their responsibility to get ready for school. Set a time for five minutes.
5. If your child does not get up and begin their morning routine after five minutes, remind your child that they will be going to bed five minutes earlier that night. Repeat if needed.
6. When your child gets up and begins following the morning checklist, reinforce him/her with a positive comment (“Good for you. You are off to a good start!”).
7. Give your child positive verbal reminders to continue follow the morning routine. If necessary, remind him/her of how much time is left before getting on the bus.
8. Once your child has completed the morning checklist, if time allows, give your child some direct positive attention (reading with him/her, making a puzzle, etc.)
9. Avoid allowing your child to watch TV, play computer/video games, etc. in the morning before school. These activities may distract your child’s attention from getting ready for school.

WHAT IF…

Your child is not able to complete parts of the morning routine independently?

* Have your child do what he/she can and ask you for assistance when needed.

Your child refuses to get out of bed until you have provided multiple reminders?

* Calmly remind your child that he will need to go to bed earlier in the evening if he does not get up on time.
* Try an earlier bedtime to ensure your child is getting enough sleep.

Your child misses the bus due to refusing to follow the morning routine?

* Calmly drive your child to school; remove privileges when he/she returns home in the afternoon.

Your child gets frequently distracted following the morning routine?

* Use a timer to help your child keep focused on each activity.
* Use a positive reinforcement system (sticker chart) to encourage and motivate your child.

Other family responsibilities interfere with your child getting ready on time?

* Start earlier as needed to give enough time to complete the morning routine.

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| TIME |  | M | T | W | Th | F |
|  | C:\Users\bake_andrew\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4D3P2LH\MC900434413[1].wmfWake Up |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\IETBNSVX\MC900441808[1].pngBrush Teeth |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T1SE6GLN\MM900365300[1].gifWash Up |  |  |  |  |  |
|  | C:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L50O7U26\MC900232970[1].wmfC:\Users\jng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DGBM8FJ2\MC900232952[1].wmfGet Dressed |  |  |  |  |  |
|  | C:\Users\bake_andrew\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YYJUYXS4\MC900232980[1].wmfEat Breakfast |  |  |  |  |  |
|  | C:\Users\bake_andrew\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3CDIUZ2N\MC900134537[1].wmfGet Ready to Go |  |  |  |  |  |