Ready, Set...Kindergarten!

Morning Routines

Mornings can be a hectic time in any household and having a big change in routine like the start of kindergarten can increase the stress for families. Planning ahead can help your child know what to expect each morning. This supports your whole family starting the day off as a success!

Setting Clear Expectations

- Use a calm tone, few words, and simple directions.
- Praise their effort and give one to two steps at a time. An example would be: “Eat breakfast (hold up one finger) and then (hold up two fingers) brush your teeth. Let me know when you are done.”
- Visual schedules can help them manage their morning routine more independently.
- Build in an extra 10 to 15 minutes for flexibility for those mornings they may be moving more slowly.
- Create a *launch pad*: a designated spot for easily gathering items when leaving such as backpack, shoes and other items they may need for the school day.

Creating and Managing a Morning Routine

- Include them in deciding what steps they need to do each morning to be prepared for school.
- Start practicing a few weeks before school starts.
- Visual schedules can help them manage their morning routine more independently.
  - Eat breakfast
  - Wash face
  - Comb hair
  - Brush teeth
  - Get dressed
  - Shoes on/ grab backpack

Throughout the school year, monitor and adjust your family’s morning routine as needed. When your child is doing well increase the number of steps or directions you are giving at one time (giving them 3 or 4 step directions).

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When children have a consistent schedule it can increase feelings of confidence. Knowing what to expect can help support them in displaying better follow through and cooperation.

Morning Time Routine

	Skill	
❑		Eat breakfast
❑		Wash face
❑		Comb hair
❑		Brush teeth
❑		Get dressed
❑		Shoes on
❑		Grab backpack

Information adapted from:
247peds.com/tips-to-brighten-up-morning-routines
parents.com/start-your-school-morning-right-3542381
pbs.org/parents/thrive/setting-a-routine-for-success-at-school

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