

It's term time again

Do you find that getting children organised to get back into school routine is always a challenge for not only the kids but also for you as parents? The holidays are always a great time for allowing the children to rest up, sleep in and just generally chill out, but often the end creeps up on us and we may have forgotten to get uniform items, shoes repaired etc, and before we know it, it is the first day of term and we forgot to do something.

To make the first morning of getting back into the routine easier, here are a few ideas.

- Get the children to get organised the night before by getting their bags out and packed, clothes they are going to wear organised, and if possible make their lunch.
- Get them to bed early so it won't be hard for them to wake up the next morning.
- Before they go to bed – talk about what you expect of them in the morning – how you would like them to get up when they are told (not stay in bed pretending to be asleep), get their breakfast and do all those other jobs that need to be done each day. You might decide that a chart would support them through the morning process. The chart may have pictures on it of all the things they need to achieve each day and they can tick each one off as they accomplish it. For younger children you could come to an agreement that you are allowed to help with one or two of those tasks but they must do the rest themselves. There is always a reward for achieving all the tasks, something like TV.

Children like to feel capable of doing things for themselves, so remember to give them encouragement for trying and lots of praise for achieving, so they are more likely to do it again.

Good luck and happy school days.