

Resources

Coping With Kids by Linda Albert

Love and Logic www.loveandlogic.com

Positive Discipline by Jane Nelson

Get Up and Go! by J. Greeneid Murphy

School staff are happy to assist you in reinforcing children's morning responsibilities. Feel free to talk with your child's teacher counselor or school social worker for additional ideas.



1-888-866-8660

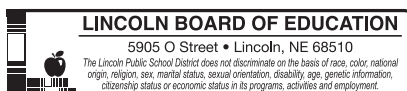
For the hearing and speech impaired with
TTY equipment call 1-888-556-5117

www.nebraskafamilyhelpline.ne.gov

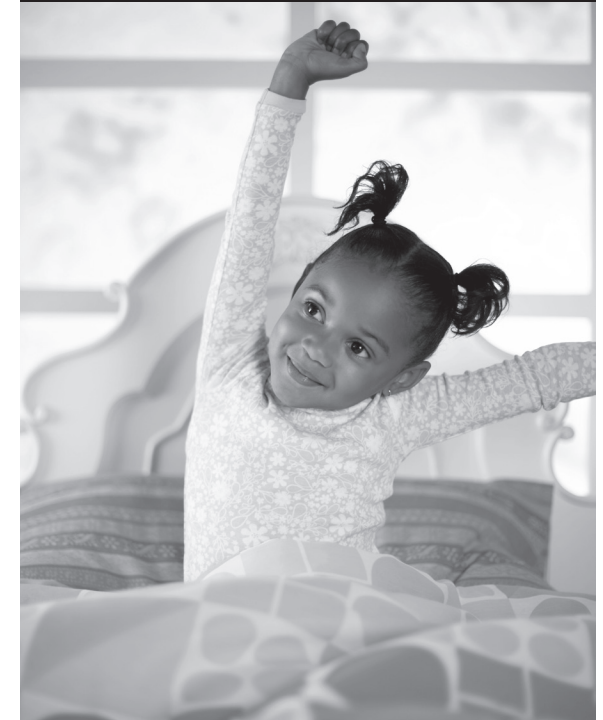
- Trained counselors 24/7/365
- Children's behavioral issues
- Parent/child conflict resolution
- Youth mental health referrals

Need help? Don't know where to start?
Dial 2-1-1 or go to www.ne211.org.

*Provided by LPS School Social Workers
BECAUSE FAMILIES MATTER*



Getting Off to a Good Start



Getting children off to a good start in the morning is important. It helps students to be more cooperative, happy and successful during the day. This is also a time of the day that can be difficult and overwhelming for students and parents.

 **Lincoln Public Schools**
Department of Student Services

Rev. 7/2015



Mornings

Morning means a “change” from calmness and rest to facing the world and all it requires of us. This is true for children as well as adults. Some of us are heavier sleepers and need more time to wake up. Some children have more difficulty than others when it’s time to switch gears from one activity to another. Making a plan for the morning is very important.

Routine can be very helpful for families as they begin each day. This means morning tasks should be done daily in the same order and on the same time schedule. Children benefit from knowing what is expected of them, time to get up, routine and leave time. Not only does it help keep your family on track, but it gives children consistency, something children thrive on. Consistency is the key.

Start The Night Before

The best morning routines actually start the night before. If your child has trouble getting up and getting ready in the morning, making decisions about breakfast and what they will wear for the day, do what you can ahead of time.

The night before you can:

- Pick out their clothes together or have this be their job for the next day (with 2 possible choices).
- Pack their school lunch for the next day (with your child’s help) or decide if your child is having hot lunch. Review lunch menus and make sure your child has lunch money.
- Have your child bathe/shower. A younger child will need help with shampooing hair, combing and brushing. Set expectations on how often they will shower.
- Pack their backpack with homework, folders, library books, etc. and have a special place where things are put the night before.
- Have your child decide what they want for breakfast the next morning.
- Go over what will be happening the next day.

Remember it is important to make sure your child gets enough sleep each night to get a good start.

Recommended hours of sleep each night by the National Sleep Foundation:

Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School Age (5-10 years)	10-11 hours
Pre-teen and Teens (10-17)	8.5-9.25 hours

Give Yourself Enough Time

A good morning routine helps to ease stress and get everyone off to a good start in the mornings. Be sure to allow for the personality of your child -- if he’s a child who likes to watch television or spend a half hour eating breakfast, allow for that. It is important to make sure everyone has enough time to do everything that needs to be done.

Don’t forget to factor in yourself and all you need to do. Waking up before your child will allow you to get your own tasks done and then focus on making sure your child gets off to a good start.

Helpful Hits

Remember to say, “I love you”, to your child as they leave in the morning.

Talk over plans for the day, for example school schedule, field trips, transportation home and after-school.

Some children may benefit from the use of a timer for certain expectations, (e.g., getting dressed, eating, etc.) to stay on schedule.

And finally when mornings seem to be rushed and hectic, it may help to rethink the morning routine or add an extra 15 minutes to your schedule.

