Getting Ready for School

 I get up about the same time every day.

 I eat breakfast.

 I get dressed.

 I brush my teeth.

 I go to my work area.

I am ready to start school!

Instructions for Parents

***The night before!***

1. Find a comfortable place to sit and talk with your child.
2. Begin with the first step. Be sure to make your child feel as though they are part of the process, even if you are telling them what to do.

Either:

* 1. Tell your child what time to get up and set the alarm. You can say “we have to get up at 7:30 tomorrow. Let’s set the alarm clock.” (assist with setting the alarm if necessary. Check to be sure the alarm is set if you need to.)
  2. Discuss with your child what time he is going to get up and then set the alarm. Give choices that YOU are ok with, such as “do you want to get up at 8:00 or 8:30?”. If it doesn’t matter what time your child gets up let him decide and then set the alarm clock. (assist with setting the alarm if necessary. Check to be sure the alarm is set if you need to.)

1. Go to the next step: Eat breakfast.
   1. Talk about and decide what the child is going to eat in the morning and get out everything that she will need.
   2. It’s ok to put out two choices for breakfast. We all change our minds sometimes.
   3. Be sure your child knows where to get all the items she will need in the morning if you are not going to put them out on a table.
   4. If something has to be placed out, do it now with your child.
2. Go to the next step: I get dressed.
   1. Put out the clothes for the next day.
   2. If your child is prone to change his mind, put out two outfits to choose from.
   3. Have your child help you with this also.
3. Go to the next step: I brush my teeth.
   1. Be sure toothbrush and toothpaste are within reach of your child.
4. Go to next step: Go to work area: Talk about what the expectation is for work in the morning. Tell the child if you are going to be on a meeting call or if you will be available for questions.
5. Put the list in an agreed upon place, so when your child gets up in the morning, he can use it to make sure he does all the steps.

***The Next Morning!***

Not all children will be able to do all of this by themselves. You need to help your child where she needs help. However, the goal is for the child to learn how to do these things on her own. It may be that you must really help your child with every step for a week or two or three, or you do it one day with your child and she can do it on her own. The point is, follow the list and reduce the struggle between you and your child.

Always have a plan in case the child encounters a problem that they cannot solve on his own. I get up in the morning and the milk for the cereal has gone sour. The toothbrush is not where we put it last night, etc. What is the child supposed to do if he cannot solve the problem on his own?

***That night:***

How did the list go that day? Is there anything that needs to be changed?

Start process over again with step 1.

This should not take more than 10 minutes a night. The more you do it, the faster and more independent your child will become!