

## How to Get Your Child to School on Time

1. Have a daily routine beginning with Sunday nights.
2. Have consistent bedtimes for children and parents on all nights.
3. Go to bed and get up at the same time on weekdays and weekends.
4. Put clothes out in the evening for school the next day.
5. Have homework done in the evening and put it in the backpack before going to bed.
6. Have backpacks and shoes together by the door from which you leave.
7. Have nightly rituals like reading to your child before bed.
8. All children should have their own alarm clock and be taught how to use it.
9. Get up 15 minutes earlier than usual and increase the number of minutes until you find the right time to get up to be on time for school.
10. Remember, that it takes anywhere from 5-10 minutes to get packed into the car before you can even leave for school. Allow for this time.
11. Get to school at the earliest time allowed at your school.
12. Get to school early and get a parking place. Have your child read to you while you are waiting for the time they can be on campus.
13. Have a weekly family reward on Friday for getting to school on time every day that week.
14. Have a backup plan in case the car doesn't start or there is some other emergency.
15. Make sure your clocks at home are set for the same time as the school clocks.
16. Make regular, on time attendance a priority in your family.
17. No TV, radio, video games, or phone in the morning for parents or children.
18. Lay out breakfast items the night before.