

# Routines



A good day at school begins and ends with a pleasant routine at home.

Try these ideas for establishing good habits with your child.

## **A fresh start**

A calm morning can help your youngster go to school with a positive attitude. Build an extra 10 minutes into his wake-up time so he won't be rushed if he spills food on his shirt or misplaces his glasses. Also, let him think of tasks he could do the night before, such as showering or putting his musical instrument by the front door.

## **Backpack check**

Use your child's backpack to spark conversations about school. Sit together while he goes through it, and talks about what's inside. If he shows you his report on elephants, you might say, "I didn't know they could eat 300 pounds of food in a day!" or "What was the most interesting thing you learned about elephants?"

## **Screen-time limits**

Large doses of TV, video games, and apps can distract your youngster from his "job": being a student. Encourage him to spend free time playing outside with friends or reading for pleasure.

Note: Experts recommend no more than two hours of screen time per day 😊.

*Taken from: Home & School Connection (Resources for Educators). 2014.*