

# 1- MORNING ROUTINE

Setting up a predictable and consistent morning routine is a great first step to prepare for the start of the new school year.

Having a simple visual schedule provides the perfect tool to support practice and repetition. The aim being for independence and less nagging!

Start simple - more steps can be incorporated over time.

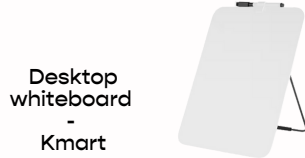
The options are endless for charts! They can be as simple as a whiteboard checklist, creating one on Canva or using a website such as Twinkl. TikTok also has endless amazing ideas such as the one with press lights below.



Chore chart - Amazon



Magnetic schedule - Preppd kids

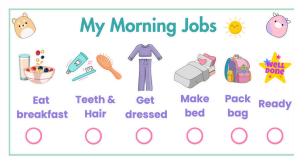


Desktop whiteboard - Kmart

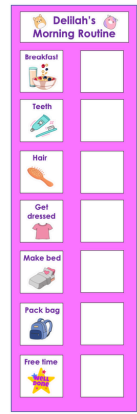


Clever TikTok idea with press lights

Custom Collective Order visuals - Can be ordered



Wooden routine helper - Second scout



# 2 - GET READY TO GET READY

To try and prevent getting dressed turning into a marathon in the morning, consider the following strategies:

- Separating school uniform items from casual clothes.
- Either the night before or on the weekend, support your child to select their clothes for the next day or week.
- Place school clothes in a designated area or basket that is easily visible.
- A 'get ready tub' is a quick and easy way to separate clothes for the school day.
- Avoid clutter where your child's bag and uniform are located.

Here are some get ready station and basket options for all budgets and spaces.



Cube shelving with inserts  
- Ikea



Entry unit  
- Kmart



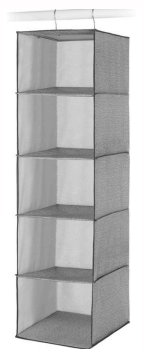
Baskets  
- Ikea, Kmart & Howard's



Wardrobe insert  
- Ikea  
Amazon



Mustard lockers  
- mustard  
made.com



# 3 - KEEPING TO TIME & GAMIFYING

Time somehow passes infinitely faster on a school morning. Without a machine to slow it down, here are some simple tools to help keep to time in the morning:

- Voice activated assistants to set alarms and reminders - e.g. Alexa, Siri, Google
- Countdown timers
- Sand timers for chunking tasks - e.g. shoes on using 5 minute sand timer
- Portable checklist on a lanyard

'Gamify' the process to encourage participation and maintain motivation. There are apps designed with this in mind for all age ranges. Or try games such as roll a task, job darts or beat the clock!

Options for timers are endless, but remember to pick one that is age appropriate.



Countdown timers  
- Amazon



Set of 5 sand timers  
- Amazon



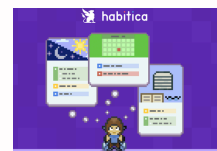
Mini portable memo list  
- Amazon



Google Home and Alexa Echo



Examples of Apps to Gamify chores

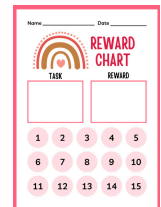


# 4 - REINFORCE & REWARD

Mastering new routines and skills can be challenging. Introducing both short and long-term rewards can help sustain your child's motivation and persistence. Short term rewards, given frequently in the beginning, help to ensure the novelty doesn't wear off whilst the new morning habits are forming. Some things to remember:

1. Involving your child in choosing their rewards also adds an extra layer of excitement and ownership.
2. Pick rewards your child can earn often e.g. 1:1 parent activity, small toy, later bedtime, pocket money.
3. Select a way to keep track of rewards that suits your family's needs.
4. Aim for consistency, not perfection.

Tracking rewards doesn't have to be expensive. A great, low-cost option is adding a pom-pom to a jar as a reward.

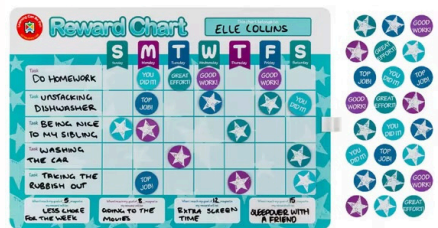


Free customisable charts - Canva



Pom Pom jar

Printable reward chart - Etsy



Reward chart - Officeworks



Reward jars - Etsy & Amazon



Spriggy - Digital pocket money app



# 5 - BONUS TIPS

## Keepsake storage

Artwork, books, certificates and much more will be coming home for years. Try a storage solution such as the Ezy Storage File Box to keep these items safe and organised.

Collections of artwork can also be made into books using companies such as Jimmy 1/2 Penny. Also consider:

- Pulling out pages of special work instead of keeping the entire book.
- Take photos of the work.
- Revisit keepsakes to reassess importance annually

JIMMY 1/2 PENNY



## Bag tag

Make packing their school bag part of your child's evening routine.

Utilising a whiteboard or attaching a small visual checklist to their

bag is a great way to

develop your child's independence with

this skill. You could make your own tag or

try a mini portable memo checklist.



## I do - We do - You Do

The Gradual Release of Responsibility model is an effective tool for moving children of any age towards independence completing their morning routine.

The model involved these steps:

1. I do - Adult performs the task.
2. We do - Adult helps the child complete the task.
3. You do - The child performs the task whilst adult watches and guides.
4. You do it alone - No observation required.



## No pressure

The start of a new school year can bring a mix of emotions—excitement, stress, and uncertainty. With all the advice online about giving your child the "best start," it's easy to feel overwhelmed. Take a deep breath, be patient, and remember that progress isn't always immediate or linear.