

# MADISON METROPOLITAN SCHOOL DISTRICT

## *EVERYDAY ATTENDANCE MATTERS!*

### TIPS for Easier Mornings

#### In the evening (the secret to success!):

- Establish a rule that homework is done the night before
- Have your child **list the challenges** they face in the morning such as: sharing the bathroom, getting dressed, having breakfast, remembering lunch, backpack and getting to the bus on time.
- Help your child come up with a plan for dealing with challenges - the slow mover may need to wake up 15 minutes earlier
- Pick out clothes and make lunch the night before
- Remind your child to get homework into backpacks
- The bedtime routine includes a winding-down time with **NO TV**
- Stick to a regular bedtime, alerting your child 30 minutes and 10 minutes beforehand
- Make sure your child gets enough sleep
  - 6 to 9 year olds need at least 10 hours of sleep
  - 10 to 12 years old need at least 9+ hours of sleep
- Set the alarm clock early enough to start the day calmly
- Your child should go to bed at the same time every night and wake up at the same time every morning

#### In the morning:

- Wake up before your child
- Start the day with calmness and hugs instead of yelling or threats to get your child out of bed - do not tell your child he's pokey, lazy, crabby, whiny, disorganized or any other labels.
- Eat breakfast - it is the most important meal of the day - it's brain food!
- Head out of the house early enough to arrive at school on time!