Morning routines

What makes a stress free morning?
What do we do already?
What might help?

Morning routines

Bedtime and morning routines work hand in hand and compliment each other. Get to bed early enough and get up early enough in the morning.

Relentless routines are predictable and safe for children.
(Flexibility is important and can be introduced once established)



Limited choices

Would you like to wear the blue pants or the pink?

You can have cheerios or toast? (Good breakfasts make such a difference to learning)

This or this?

Pick your battles and praise when you see them beginning to get ready etc.

Children love to be in charge and independent



Create a shared jobs list/ visual timetable





Backwards chaining

Socks!



Backward Chaining

When teaching a new skill we often start at the beginning but this can be challenging for children. One way of learning a new task is to use the backward chaining technique.

What is Backward Chaining?

Think about the new skill you would like your child to complete, break down the skill into small steps and then teach and practice the last step first. Once they can do the last step by themselves teach them the second last step.

Let's look at an example of backward chaining for putting on socks.

The last step of putting on socks will be to get your child to pull the sock up their leg.

The second last step will be to get your child to lift their foot and pull the sock over their heel.

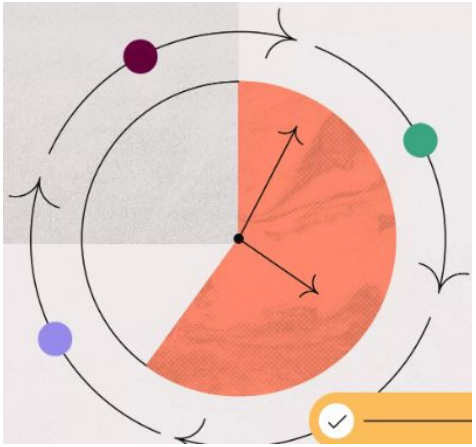
The third last step will be to get your child to push their toes into the socks.

The final step will be to get your child to hook both thumbs in a sock and use their fingers to gather the sock.

Backward chaining can be used in other dressing activities like putting on a jacket. It can also be used for other tasks such as using a spoon and washing hands.

Timings - No One likes to Feel rushed!

Paper plates



Allow some time to play before school

Once you are ready, you can…

Try to limit gaming before school.

Set time reminders when it is becoming nearly time to leave for school. E.g. you have 10 minutes left of playing, 5 minutes etc. It’s time to leave that out for later or tidy it up.





Be organised and your future friend

Encourage the children to help you be organised.

Can you tell me what you need on Wednesday?

This helps children to feel prepared for the day ahead.



Any Questions? Or other ideas that help in your household?

What would you like as a quick discussion point next time?

