

Tips for Getting Out the Door!

January is the perfect month to make a New Year's resolution to have regular school attendance and get to school on time. Here's a "Nighttime Checklist" that you might find useful to set your family up for success.

The Night Before Every School Day:

- Choose and lay out clothing and shoes.
- Gather any items that need to go to school (permission slips, library books, homework) and put it in your backpack.
- Grown-ups – find your keys, wallet and phone!
- Prepare lunches, if you take one to school.
- Set your alarm!

Other tips:

- Many households find that taking baths and showers at night helps reduce the morning rush.
- Kids who get tired of an adult "nagging" each step of the way might succeed with a series of alarms for their routine. (Or it might stress them out. You know your child best.)
- If your vehicle is unreliable, have a back-up plan to get kids to school. Make an arrangement with another parent so you can help each other out in a pinch.
- Set an "on time" goal with each child and adult. Decide on a shared reward if everyone makes it out the door on time all week. (It can be as simple as pizza for dinner on Friday.)