

# Tips for families: How to help children with routines for school

ZZZZ

## Sleep

It is recommended that children aged between 5 and 12 get 10-11 hours sleep a night. Think about your night time routine and how we help children to get the sleep they need for a good day in school.



## Planning

Plan for going to school by setting out uniform the night before and pack what you need in your bag. Plan what time you will wake up and set a time to be ready to leave to be there for 8.40am



YOUR FEELINGS ARE VALID

## Share excitement

Talk about things that are coming up the next day or this week and be excited together. Ask questions about lessons they might be looking forward to and set time aside to talk about their day.



## Validate feelings

Validate feelings by accepting them and showing you are listening. You might want to try asking questions such as 'What might be making you feel like this?' and showing understanding with phrases like 'I understand you feel...'

Calm

## Slow, low, low

Always try to communicate calmly about getting ready for school, even if you don't feel calm. Good advice is SLOW, LOW, LOW  
Slow down  
Lower volume  
Lower tone.