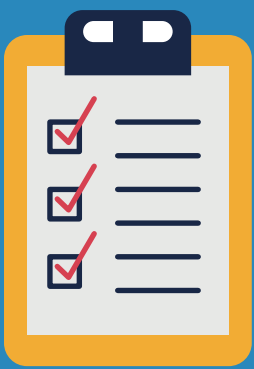




Tips for Creating a School Morning Routine

All kids need a routine, especially kids who have ADHD. An effective routine can make school mornings easier, increase self-regulation and self-control, and ensure they are ready for their school day.

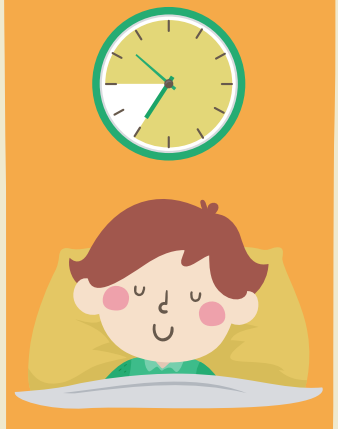


Create lists

- Make a checklist of things your child needs to get done and items they must have before leaving for school.
- Print out the list and place it by the door or attach it to lanyards.

Prepare the night before

- Set up all materials the night before: bookbag, lunch, sports gear, gym clothes, books, homework, and clothes for the next day.
- Set your alarm and your child's alarm for the right time.



Think ahead

Wake up early enough to get ready, eat breakfast, and carry out other morning duties, and deal with potential roadblocks. To have a good start, limit morning duties to the minimum - beds can be made after school, for example.

Prepare for events & activities

- Prepare for special school events and activities with a list of all necessary items.
- Discuss how to handle situations that might come up during these events.



Take a photo of everything your child needs

- Take a photo of your child dressed in everything needed for school.
- Take a photo of the items your child needs to lay out. Number them from left to right to reinforce a systematic approach.
- Print out the photos and post them where they can be seen every day.