
Morning Routine

A stress free morning is important to set you up for a successful day.

A school morning routine clearly outlines who is responsible for each task, at what time and, most importantly, the time you are expected to head out the door each day. The routine quashes the need to think or argue about what needs to be done and when, leading to a more productive morning.

TIME AM	MUM/DAD	KIDS
6.00	Alarm goes off	
6.15	*Get out of bed	
6.45	Shower	
6.50		Alarm goes off *Get out of bed Get dressed + watch Put pyjamas on bed for tonight Make bed
7.15	*Breakfast	*Make Breakfast & cup of tea Eat Breakfast Dishes in sink Clean Teeth
7.40		Make lunch -Snack -Drink bottle
8.00		Pack Bag -lunch/snack & drink bottle -diary -iPad
8.05	*Head out to car	*Head out to car
8.10	Leave home	Leave home
8.20	Arrive School	Arrive School
9.00	Arrive work	

*Key times to aim for to keep your morning on track – Get out of bed, breakfast, head out to car

Afternoon / Evening Routine

As with the clearly outlined morning routine, an afternoon/evening routine outlines who is responsible for each task, with the end goal of jumping to bed at the same time each evening. The routine also reminds you a few key things you can do before bed that will lead to a more productive morning.

TIME PM	MUM/DAD	KIDS
4.00		Unpack bag -empty rubbish from lunchbox -lunchbox on sink -diary on bench -any notices? -sport uniform? -iPad on charger -phone on charger
4.15		Change out of uniform **FREE TIME**
6.00	Arrive home	
6.15	Prepare dinner	
6.45		Spelling
7.30		Shower – clothes in basket Snack Reading Teeth
8.00		Uniform ready for next day -Undies -Polo shirt -Socks -Jumper -Shorts/Pants
8.15		*Bed

*Key times to aim for to keep your evening on track – computer off, meditation & bed

Note: When first implementing the new/tweaked routine

- As you head to school, talk to the kids to remind them what is expected when they get home in the afternoon.
- In the evening as you are preparing for bed talk about the routine you will be following in the morning.

Remember to revisit the routine periodically by sitting down and tweaking where necessary.