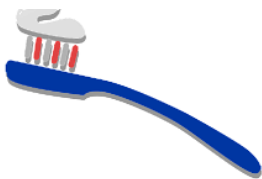
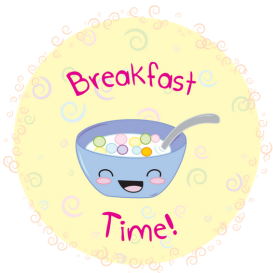
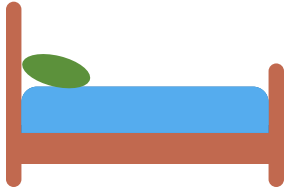




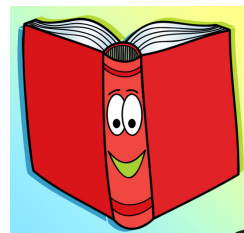
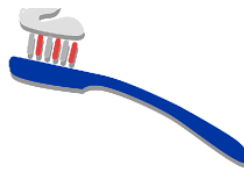
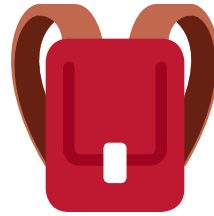
Wake up time _____



Be ready by _____



Bedtime is _____



Morning Routine

Getting out of the house in the morning on time can be a problem. It can cause a lot of stress and frustration and can affect the rest of your day. Developing a routine to manage the morning tasks can make this a smoother process.

How do I know that the morning routine is a problem?

- The children or you are generally late
- Things (lunches, clothing etc) are regularly forgotten
- Everyone is agitated
- Lots of yelling, shouting and fighting

Prevention Strategies:

- Establish a routine and discuss it with the whole family
- List the tasks each person is expected to do each morning
- Ensure the children wake up in time to get their tasks done
- Do what you can the night before
- Have a weekly plan: Look at each person's activities for the week and prepare for them in advance
- Assign tasks to older children
- Ensure everyone gets to bed at an appropriate time
- As children get older they need to take more responsibility for themselves in getting ready.
- Consider not allowing children to watch morning television
- Time in the morning is limited:
Set rules for cell phone use to make sure children follow the morning routine

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...

The infographic illustrates the long-term benefits of consistent school attendance through five stages:

- PRESCHOOLERS**: build skills and develop good habits for showing up on time
- ELEMENTARY STUDENTS**: read well by the end of third grade
- HIGH SCHOOLERS**: stay on track for graduation
- COLLEGE STUDENTS**: earn their degrees
- WORKERS**: succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.

Attendance Works
Advancing Student Success By Reducing Chronic Absence
www.attendanceworks.org