

## **Counselor's Corner**

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### **Tips to help get your kids moving in the morning!**

The first day of school is usually an exciting time. The children can't wait to meet their new teacher, see their old friends and use their new backpack. After a few days however, it doesn't seem quite as exciting to get up early in the morning and out the door! Using the following ideas can help your mornings run more smoothly and help everyone get on their way with smiles.

- Have a bedtime routine that allows for your children to get enough sleep. Kids who are tired will definitely not want to get up in the morning!
- Be consistent with your expectations. Make sure your child knows what you expect. If the morning routine means waking up, getting dressed, making the bed, eating breakfast, brushing teeth, packing lunch & backpack, then make sure your child completes all those duties before letting them play or watch television. Work together by telling them if they can get ready quickly enough, there will be time to read a book together.
- Make breakfast easy. It's the most important meal of the day! Have healthy options in a place where children can get to them. Cereal, instant oatmeal, bagels or toast are all items that most children can prepare themselves.
- Prepare the night before. Have clothing picked out, take baths or showers, make sure all items needed are in the backpack ready to go! Have the kids put their backpacks near the door.
- Let your child learn the consequences of dilly-dallying in the morning. If the bus has arrived and she still hasn't brushed her hair, send her to school with messy hair. Ignore your embarrassment and let her learn. The next morning she'll probably get ready a little quicker!

If your child starts complaining that they don't want to come to school, sit down and have a talk about reasons someone should stay home from school (or work if they're an adult). Fever, vomiting, contagious illnesses, accidents, family emergencies or a death in the family are all legitimate reasons not to be in school. There are other times when we might not feel up to 100% of normal, but we can still make it through the day. By following these guidelines, children are learning how to be punctual, dependable and responsible.