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BACK TO SCHOOL TIPS

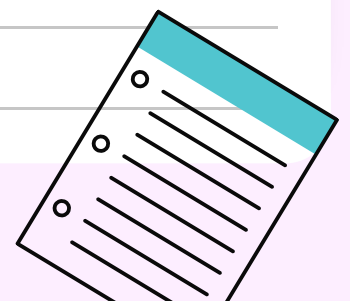
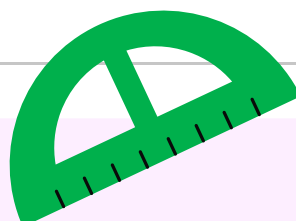
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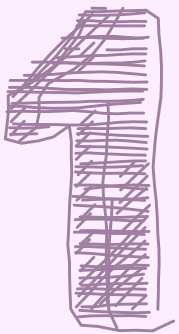
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Are you ready for the back-to-school rush? It's that time of the year again when the lazy summer days comes to an end and the school mornings begin. This is always an exciting time, but it can also be quite challenging, especially when it comes to getting our kids up and out of bed in the mornings. With the right strategies and a positive attitude, we can make the morning routine smoother and more enjoyable for everyone involved.

These tips are going to change your mornings and make them a breeze.



Establish a consistent bedtime routine.

Getting enough sleep is crucial for children to wake up refreshed and ready to conquer the day ahead. By setting a regular bedtime, we can ensure that our kids get the rest they need to start their mornings on the right foot. If your child is used to a later bedtime, due to the summer holidays, you can start adjusting their bedtime by moving it a little bit earlier each day by 15 minutes, until you have reached their ideal bedtime.



Create a Morning Routine

Create a morning routine that is structured and predictable. Kids thrive on routine, so having a set schedule will help them know what to expect each morning. This can include activities such as brushing teeth, getting dressed, and eating breakfast. I have a wonderful morning routine chart available for download that will surely help get them excited for the mornings.

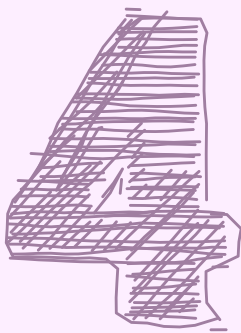
[Butterfly Morning Routine](#)

[Kite Morning Routine](#)

Let them Choose

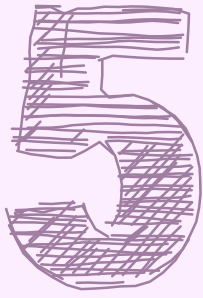


Involve our kids in the decision-making process. Give them choices when it comes to picking out their clothes or deciding what to have for breakfast. This not only empowers them but also helps them feel more motivated and excited about getting ready for school. To save your sanity, limit their choices by 2 or 3 things.



Reward System

Consider implementing a reward system to encourage timely behavior in the mornings. Whether it's a special treat, extra playtime, or a sticker chart, offering incentives can help motivate our kids to get up and ready in a timely manner. Give praise by using words of encouragement and lots of hugs.



Get Them Busy During The Day

Physical activity helps regulate the body's circadian rhythm, which is responsible for the sleep-wake cycle. Regular exercise promotes a consistent sleep schedule, making it easier for children to fall asleep and wake up at desired times. Physical activity is an effective way to reduce stress and anxiety levels in children. By engaging in exercise, children can release pent-up energy and promote relaxation.

Limiting Screen Time

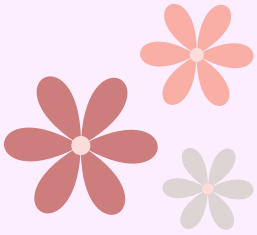
Limit screen time during the day and especially before bed. At least 1.5 hours before bed. Screen time right before bed stimulates the brain when it should be winding down, sending mixed signals to the body. By avoiding screens before bedtime, kids can give their brains a chance to relax and prepare for sleep, which can improve cognitive function and focus during the day.





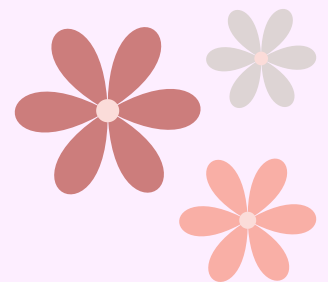
Be A Role Model

Be a role model for your kids by practicing good morning habits yourself. If they see us being organized and efficient in the mornings, they are more likely to follow suit. Let them help you to pack their bags in the evening. Make sure you are calm in the mornings, reflecting positive energy.



Remain patient and understanding. Mornings can be hectic, and there may be days when things don't go as planned. By staying calm and flexible, we can navigate any challenges that arise with grace and positivity.

With a little planning and creativity, we can make school mornings a breeze. By establishing routines, involving our kids in the process, staying organized, and maintaining a positive attitude, we can ensure that our little ones start their days off right and are ready to tackle whatever adventures await them at school. So, let's embrace this back-to-school season with enthusiasm and excitement!



If you need help establishing bedtime routines, or your little one is having multiple wake ups, you can book a call [here](#) with me so we can have a chat to help you determine what will be the best possible solution to get your sleep back on track.