

Try to get some
'me time'



Parents

Be consistent and stick to the same routine. Encouragement works and using reward charts helps.

Talk softly to the children in the morning

Morning Routines

Make breakfast before children get up. Help children to get dressed, and leave early enough to get to school on time.



Travelling to school

Walk to school if you can. Make sure children wrap up warm if it's cold, and take an umbrella if it's raining.



Don't leave on an argument



Eating

Make packed lunches varied, healthy and fun. Eat breakfast and dinner together as a family.



He has to try two new things a week

Sleeping

Stick to a bedtime (make sure you're home in time). Help children to get to sleep with a story.



No shouting after they go to bed

Evening Routines

Get shoes, bags and clothes ready for the next day, and set times for doing homework and playing after tea.



A drink of warm milk before bed



Be a good role model and keep calm, don't involve the children in your disagreements.

When things go wrong

Make a list of jobs to do, and speak to someone you are close to, or who has helped you before.



Leeds
CITY COUNCIL