

Try to get some 'me time'

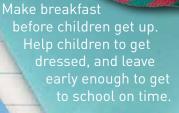
Morning Routines

Parents

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

Sleeping

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



Getting

Evening Routines

Get shoes, bags and clothes ready

ready

Travelling to school

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an argument

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

Eating Make pac

lunches varied healthy and fun. Eat breakfast and dinner together as

No shouting after they go to bed



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When things go wrong

He has to try two new things

a week

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



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

and playing after tea.

Top tips from parents attending Park View Primary Academy Family Link Centre and Middleton Children's Centre, Leeds.