

Practical Tips for Starting School

Rest, Routines & Responsibility

Bedtime Routines: Preschool children who are between 3 and 5 years old need 10-13 hours sleep each night. A consistent bedtime routine is one of the best ways to handle many preschool sleep problems. The three B's are a tried and true method. Bath, books and bedtime, at roughly the same time each night as well as no screen time for at least an hour before bed are part of an effective routine.



Build in Extra Time: Give yourself time for unhurried moments before you leave the house. Try adding 10 to 15 minutes to your morning schedule. The extra time will be a buffer if things are not going smoothly or if they are, a quiet time to connect with your child before they leave for school.

Practice: Practice your morning routine before the first day of school. Have children going to bed and waking at the same time each day, even weekends, until the routine is established. Go through your routine each time. Awaken, breakfast, dress, brush hair and teeth, grab your backpack and out the door.



Routine Charts: Create or purchase a picture chart that your child can refer to when going through their morning routine. Give your child the responsibility of checking the chart for what they should be doing at any given point in the morning.