

Counselor's Corner - Mrs. Miller August 2021 - Nautilus Elementary

UPCOMING EVENTS:

Parent Orientation Night on July 29th @ 5:00 - 6:00 pm

**Meet and Greet on July 30th for Kindergarten only
@ 9:00 am**

FIRST DAY OF SCHOOL: August 2nd

Early release every Thursday this year @ 1:00 pm

 **Bite-Size Inspiration**
Life Through Occupational Coaching

New Beginnings
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Go to the next page for tips to help parents and/or guardians with busy mornings to get kids out the door.



MORNING TIPS TO HELP KIDS GET TO SCHOOL ON TIME.

Map out a schedule. Our family came up with a schedule together. We held a meeting to brainstorm a list of tasks and talk about who should do what. And then we decided on an order in which the tasks should be completed. POST IT ON THE FRIDGE.

Choose outfits the night before. Arguments about what my kids could wear to school used to derail our mornings. Have your children set their clothes next to their beds, and then review their choices, making sure they included underwear and socks, as well as clean clothes. DON'T FORGET ABOUT THEIR SHOES EITHER.

Prepare the night before. Yes, I know you're exhausted and more than anything you want to slip into bed and watch TV, but I know that you'll breeze through the morning routine if you devote time after the kids are asleep to making lunches, putting homework in backpacks, and making a late-night run to the grocery store.

Invest in several alarm clocks. When my daughter started kindergarten, I let her pick out her own alarm clock. She chose the biggest, pinkest, tackiest clock you've ever seen - this gives kids a sense of autonomy.

Speed things up with music. Kids won't get out of bed? *Uptown Funk* and *Happy* will spring them into action. Play the music softly at first and then gradually go louder and louder.

Keep chores to a minimum. I'm all for kids cleaning up their own messes and contributing to the household duties, but if I had my kids cleaning the fishbowl and folding laundry in the morning we'd never get to school. We save those tasks for evening and weekends.

Put together an emergency pack. For mornings when we're running late, I've assembled an emergency pack that I keep in the car's glove box. In it, there's a sports bar (breakfast), sugarless gum (cleans teeth), hairbrush, barrettes, and a few dollars so the kids can buy their lunches at school if I didn't have time to pack them.

Get the kids to bed on time.

Kids should get themselves ready.

Keep breakfast simple if serving at home..



PRAISE & THANK THEM WHEN THEY DO A GOOD JOB!!!!!!