

Handout 2.7

Getting to School on Time

A Morning Plan

STEP 1: START WITH THE END OF THE MORNING ROUTINE.

What time does your child need to leave the house? = ___ : ___ AM

What time does your child need to be at school? ___ : ___ AM

How long does it take to get to school? - ___ minutes

Departure Time = ___ : ___ AM (for step 3)

STEP 2: WORK BACKWARDS FROM THE MORNING ROUTINE. WHAT ARE THE MORNING TASKS?

What does your child do in the morning? (for example: brush teeth, shower, get dressed)	How long does this take? (minutes)
1.	
2.	
3.	
4.	
5.	
Add up the total time needed in the morning.	minutes

STEP 3: WHAT TIME TO WAKE UP?

From Step 1: What time does your child need to leave the house? ___ : ___ AM

From Step 2: How long is your child's morning routine? - ___ minutes

Wake-Up Time ___ : ___ AM

Caregiver Support: What are 3 ways you or another member of the family/community can help in the morning?

1. _____
2. _____
3. _____

MAKING THE MORNING EASIER: WHAT CAN BE DONE THE NIGHT BEFORE?

1. _____
2. _____
3. _____