

The importance of a good routine

We know that mornings can be busy and sometimes stressful.

Having a clear, calm routine can make school days easier for both children and parents – and helps children attend school more regularly and confidently.



● Keep Sleep and Wake Up Times Consistent

Children cope better when they know what to expect.

- Try to keep bedtimes and wake up times the same each day, including weekends where possible.
- Children aged 3-5 years need 11-13 hours of sleep each night.
- Children aged 5-11 years need 9-11 hours of sleep each night.

Tip: Try keeping the same routine for two weeks – this usually helps it become a habit.

● Get Ready the Night Before

Preparing in the evening can reduce stress in the morning.

- Lay out school clothes
- Pack school bags and homework
- Prepare lunches or snacks

Tip: A simple checklist by the front door can help everyone feel organised.

● Create a Calm Morning Routine

A relaxed morning helps children feel ready for the day.

- Allow enough time so there's no rushing.
- Build in time for breakfast.
- Avoid screen time in the morning if possible, as this can slow things down.

Tip: Calming music or a timer can help keep the morning moving without pressure.

● Talk Positively About School

Children often copy how we speak about school.

- Talk about things they enjoy or are looking forward to.
- Praise small successes, like being on time or attending all week.

Tip: Focus on positives rather than seeing school as something to "get through".

● Notice and Talk About Worries Early

If your child seems reluctant to attend school:

- Ask calmly what might be bothering them.
- Listen and reassure them.
- Let the school know if there are worries about friendships, bullying, anxiety or learning.

Tip: Small concerns are easier to solve when they are shared early.

● Plan Around School Where Possible

- Book medical or personal appointments outside school hours when you can.
- Take holidays during school breaks to avoid missing critical learning time.



● Use Visuals and Small Rewards

Children often respond well to encouragement.

- Track attendance or punctuality on a calendar or chart.
- Celebrate improvements with small rewards or spending time together.

Tip: Let your child help choose rewards – this builds motivation.

● Be a Positive Role Model

Children learn from what they see.

- Show the importance of being on time for work, appointments or meetings.
- Speak positively about commitments, routines and being responsible.



● Work With the School – We're Here to Help

If routines or attendance feel difficult:

- Please talk to us early.
- We can support with things like breakfast clubs, pastoral support or early drop-off at school.

You're not on your own. Working together can make mornings easier and help your child attend school confidently and regularly.

Every school day matters. Together, we can help your child succeed.