



In the morning...



and

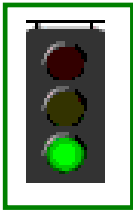


○ Leave **TV off** - helps your child to concentrate

○ Have a **good breakfast together**
- gives your child the energy to learn



○ Give **clear short instructions** - helps your child understand easily what they need to do next:



1. Get down to their eye level
2. Say their name
3. Give a clear and simple instruction in one sentence
4. Say 'Thank you' which helps signal that you expect them to do it



○ Use the 'when-then' command:
e.g. "**when** you sit at the table **then** you can eat your breakfast"

○ **Allow plenty of time** to get there, you will all enjoy it more than rushing around.



- Join a **Walkbus** or set one up.
- **Talk** about things on the way, e.g. what you can see or hear.



○ Your child is going off to learn for the day so remember - all children learn best when they feel **relaxed and happy**.

○ Join the school **Breakfast Club**.



Wyre Forest and Hagley Project

Early support for school and home life

to help children make the most

of every school day

Get up and Go



Dear Parent or Carer...

Is your child **regularly late for school?**

Is it a **struggle in the mornings** to get everyone out of the house on time?

Does your child sometimes end up staying **home for the whole day?**



Has someone at your child's school told you that they are concerned about your child's **attendance?**

Have you had a **letter home** from the school?

If you answered **YES** to any of the above, then this leaflet is for you. It offers some **practical tips** and a few **simple ideas** that can help, in an easy checklist...



Getting to school every day and on time will help your child to:



- ***start the day with their friends**, not feel 'odd one out'
- ***be part of what's happening** in school today, not miss anything and have to catch-up
- ***learn**, by being in the classroom for the whole school day
- *get **better exam results**, get a better job



There are many reasons why children might regularly be late or not attending school. These include things like:

- serious family illness
- relationship difficulties or other problems at home
- problems at school
- because Mum or Dad didn't like school themselves very much
- and lots of other reasons!

If you would like further help and support to improve your child's **attendance** then speak to your Link Worker. They might be able to help. Information about the WHP Home School Link Worker is available through your child's school. Look in the Newsletter, on the notice board or in the school Reception area to find out more.



Be prepared - The night before...

Have **PE kit** and **bookbag** ready.

Make the **sandwiches**.



Use an **alarm clock** and remember to set it. Perhaps set it to get up a bit earlier?

Need to return any **letters** or pay **money** into school?

Have a **bedtime routine**, (e.g. warm bath, drink, clean teeth, story, cuddle, lights out at a set time).

Know **what time** your child needs to be in the playground before school starts.



Talk with your child about getting ready for school. **Decide together** how you will make this work best.