



How can I help at home?

Establishing a good morning routine.

Having a clear structure in place in the mornings as part of a routine gives your child a sense of trust, safety and security as they know what to expect and can more easily move through their morning jobs independently. Hopefully, this can help to alleviate any stress.

Here are some examples of a task board or social story that can help remind your children of their jobs.

If you would like one making for your own family routine, then please let us know!

Morning Routine		
 Eat breakfast	 Brush teeth	 Get dressed
 Brush hair	 Make bed	 Put shoes on

I will wake up and eat my breakfast.

I will brush my teeth and get dressed.

I will brush my hair and put my shoes on. I am ready for school.