

A large, bright yellow sun with several short, thick yellow rays is positioned behind the text. The words 'good morning' are written in a large, blue, rounded, and playful font. The word 'good' is on the top line and 'morning' is on the bottom line, with the 'i' in 'morning' having a dot.

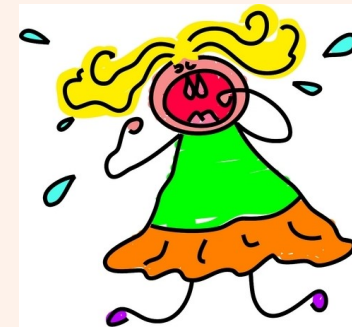
*Good days start with good mornings, good mornings start with good routines!*

# Saying goodbye

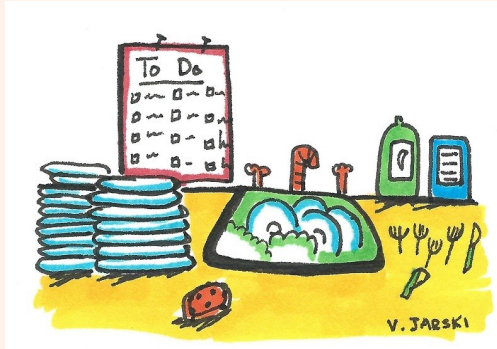
*Some children find it really easy to say goodbye to their adult in the mornings and happily leave them at the school gate...*



*However, some children find saying goodbye and letting go of their adult, difficult and may need some support with this.*



# Good mornings start with good routines.



Good morning routines should start the evening before, saving you lots of time in the morning.

If your mornings are disorganised and rushed you will feel stressed, this will cause you and your child unnecessary anxiety.

Anxiety will cause difficulties in separating at school for both parent and child and in some cases can cause problems before they even leave the home.



Building in good routines takes time and commitment from all family members. Taking the time to establish good routines will save you lots of time in the mornings and cut out the stress and anxiety.

Always involve your child when establishing routines, work together for the best fit that suits the needs of your family.

Never compare your family to other families because no two are the same. Find what works best for you and your child.

# Good morning routines start the evening before.

- Empty your child's bag at the end of the school day, do this together to encourage ownership and independence from your child. Check for letters, invitations, homework feedback and other communication. There is nothing more frustrating than finding out on the morning of a trip that your child requires a packed lunch and a change of clothing. *Top tip...it's a good idea to regularly check our school website and social media pages for the most up to date information.*
- Encourage your child to get changed and hang their uniform up if its clean enough for the next day, or alternatively, put it in the wash. Changing out of their school uniform at the end of the school day is a good habit for children to get into, this signals to them that the school day is over and they can relax. *Top tip...when your child puts their uniform on in the morning, it gives them a very clear message that its time for school.*
- Don't leave it until bedtime to talk to your child about their day as this can lead to anxiety at bedtime if they are worried about things. Try and make time for a chat about their day earlier in the evening, maybe during a snack after school or teatime.



## Good days start with good mornings.

- Get up in plenty of time so your mornings are calm and not rushed, remember, it's about eliminating the stress. Hopefully you will have thought about what you need for your day the evening before, particularly if you are working.
- Get washed and dressed before you wake your children, good routines need a good role model, give your self time to wake up so you can wake them up with a smile.
- Ensure your child gets washed and dressed before coming downstairs before breakfast, it can be difficult to motivate them to go back upstairs to get dressed after breakfast.
- Encourage independence when getting dressed for younger children and set time limits for older children. *Top Tip...consider a visual morning time table and reward chart to support your morning routine . Find an example attached.*
- Try and make time to sit with your child at breakfast time so they feel they have had some time with you before school. Keep the conversation positive and light, don't allow your child to dwell on any worries.
- Chat about your plans for the day so that your child knows you will be busy and happy without them, this stops them from worrying about you.

# Good days start with good mornings.



- Talk about the end of the day when you will be able to share news about each others days, talk positively about school, refer to their friends and favourite learning activities.
- Discourage the television or electronic devices in the mornings as they can be difficult to get your child to put down which can then lead to challenge and confrontation. *Top Tip...Don't forget the reward chart to support with this, use electronic devices and television as incentives for after school, remember to role model by staying off your phone.*
- Leave in plenty of time allowing for unforeseen hold ups such as traffic if you're driving, or the weather if you are walking.
- Walk to school if possible as this gives you more time for talking, consider meeting up with a friend for your child to walk with as this supports with easy goodbyes.
- If your child is able to walk safely and independently without holding your hand , then encourage them to do so as this will start the separation process and support letting go.
- Discourage any bringing of toys to accompany the journey to school as taking them away at goodbye time can lead to challenge and confrontation.



# See you later alligator...in a while crocodile.

- Make your goodbyes short and sweet. Kiss, hug, high five or whatever your preferred closure is, then smile, turn and walk away as soon as your child has been passed to school staff or entered the building.
- Allow school staff to support you if your child is crying and hanging on to you, they will handle the situation and soothe your child appropriately when you have gone.
- Remember to role model, be sensible , stay positive and smiling, don't start bribing and placating, hand over and go.
- 99% of children settle really quickly once their grown up has gone, if you have had to leave your child distressed you can give school a quick call later to check that they have settled.

Have a nice day, we will take care of your children until its time to pass them back to you!

