

Every Minute Counts

Mornings can be hectic! Just when it seems everything is under control, something happens to throw the entire schedule off.

Though it's easy to think that being a few minutes – or even an hour – late to school doesn't matter, it does.

Research shows that children will be more successful in school if they arrive on time, ready to learn every day.



BEING ON TIME TO SCHOOL BOOSTS SUCCESS FOR CHILDREN

ARRIVING ON TIME CREATES A SMOOTH TRANSITION

Arriving at school on time helps children smoothly transition into their school day. Children thrive on routines because routines allow children to predict what the day will bring and what's coming next. When children understand their routine, they feel more confident and confident children are more likely to grow academically, emotionally and socially.

ARRIVING ON TIME MAXIMIZES THE SCHOOL DAY

Children learn more when they're present at the start of the school day. They're prepared to hear morning announcements, to examine their daily schedule and to focus on learning if teachers immediately jump into instructing their class. Arriving late disrupts and decreases learning time for all.

ARRIVING ON TIME FORMS GOOD HABITS

The habits children establish during their school years set the stage for their transition to the workforce. Research shows employers value skills such as managing time effectively just as much as job-specific training. The ability to manage time effectively and to be punctual will help children be successful as they move through school and, ultimately, through life.

Time-Savers

A Few Tried and True Ways to Save Time

- **Everything has a place.** Make a space for backpacks, school papers and completed homework. Use a folder, or series of folders, for notes from school, newsletters, forms etc. Consider using a different color folder for each child and one for items that need action, like a signature or a payment.
- **Prepare the night before.** The less there is to do in the morning, the better. Laying out clothes, checking homework, signing forms, packing backpacks and placing non-perishable items in lunch boxes the night before can lead to more hassle-free mornings.
- **Let bedtime reduce morning tantrums.** Elementary-age children need 10-12 hours of sleep per night. Well-rested children will wake up easier, and likely be in a better mood, than those who do not get enough sleep.
- **Create a morning routine.** Children can offer their input on ways to have a successful morning routine. Write down and post the routine so that children can refer to it every day.
- **Allow children to help.** Children can help by brushing their teeth, dressing themselves, keeping track of homework, and gathering their backpacks and lunchboxes.
- **Avoid the TV trap.** Limit children's morning TV watching until they are completely ready to go, or save TV-watching for after school hours.
- **Allow time for the unexpected.** Planning to arrive 10 minutes early to destinations keeps potential schedule-busters like slow traffic from making you late.