

10 ways to help your child leave for school calmly

1. At the weekend, write or draw a simple plan for the coming week with your child and display it in the kitchen or other public space.
2. Make sure that your child organises Home Learning so she is not trying to squeeze this in during a busy morning.
3. Expect your child to get everything ready the night before, using the plan you made to help him. If this is new to him, you may need to do it with him for a while.
4. Know how long your child needs to have between getting up and leaving home. Make sure she is up early enough to have this amount of time.
5. Teenagers need at least nine hours of sleep each night! Try to create a lifestyle where your child gets good sleep.
6. Encourage your child to set an alarm for himself (a clock, mobile phone etc) so that he can become self reliant.
7. Tell your child how nice it is to have stress free time in the morning because she made enough time to prepare for the day.
8. When possible, eat something together. If you or your child do not have a good appetite in the morning, a glass of milk and some fruit or something light is better than an empty stomach!
9. Help your child to prioritise in the morning – make sure everything that has to be ready is ready before doing anything that can wait.
10. Keep TVs and computers off in the mornings – it's easy to get distracted! Try to chat to each other and start the day positively.