

Parenting Tips
from
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Opening times : Monday to Friday 12 PM to 4 PM

Morning madness

Mornings are often chaotic, both parents and children have a great deal to do to prepare for the day. Attention-seekers and dawdlers often find mornings an ideal time to keep parents busy. Many morning difficulties arise due to a lack of clear understanding of the roles to be performed. Most children, even young ones, are capable of doing their morning tasks without parental interference, yet we so often take those responsibilities away from them.

Bright Ideas

- Establish a clear routine. With your children's help-work out an order of activities that everyone understands.
- Identify the jobs that you and your children are to do. Children should be able to do routine tasks that directly involve them, such as preparing their cereal, clearing dishes away, dressing, washing themselves and preparing school bags.
- Be aware of possible distractions and get rid of them. Some children become absorbed in television; some spend an eternity carefully choosing their clothes; others dawdle over just finding something clean to wear. Television, if it's to be watched, can be turned on when children are ready for the day. Clothes can be chosen and laid out the night before.
- If you are suffering due to their refusal to cooperate, then put the responsibility for misbehaviour where it should be-with the children. Stay out of their way in the morning and refuse to be drawn onto their arguments or nag them to hurry up. Allow them to experience the consequences of being late to school.

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