

Some helpful suggestions to encourage your children in the morning time.

If your child is slow getting dressed or undressed, it may help to give the child a timer and make it into a challenge to beat the timer.

If your child has misbehaved and you withdraw a favourite game or television viewing for a specific time, you could suggest that the child earns back the time by doing what they have been asked to do, without a fuss.

To avoid nagging too much, it may be best to decide on 4 things that are definite boundaries, and try, if possible to ignore other negative behaviours, as they may be attention seeking behaviours.

Try, if possible to get up a little earlier to feel relaxed and have a bit more time. This could make the morning feel less stressful.

These are just a few ideas. If you have some suggestions, please feel free to share them with Mrs. Walker in school. The following books and websites are excellent:

'What to do when you worry too much' Dawn Huebner - children ages 6-12. Magination Press.

Helpful websites: www.kidsmatter.edu.au

www.youngminds.org.uk

article Saturday Times March 21 'anxiety and your child - what every parent needs to know.