**How to manage teenage routines to mitigate lateness to school**

We all know that getting to school on time can be challenging for numerous reasons! What does your young person’s morning routine look like? How do they feel in the morning? Do you think there are any changes that could be made to assist your young person to arrive at school on time?

Please find below some helpful tips from the wellbeing team that may assist your young person with getting to school on time throughout the term:

* Identify the barrier to arrive at school on time: have a discussion with your young person about their lateness and what might be contributing to this pattern. Once you have both developed a shared understanding, you can then move into problem-solving mode. Involve your young person in the process and brain-storm with them different ideas they have to assist them with getting to school on time e.g. setting their morning alarm clock slightly earlier (15- 30 minutes earlier to allow more time), playing some upbeat music as they get ready for school to increase mood and make the process more enjoyable, contacting the school if there are any school related matters that are impacting attendance.
* Encourage your young person to go to bed at a reasonable time (young people should aim for approximately 8 – 10 hours per night) to allow for a good night’s sleep. This will help your young person to wake up refreshed.
* Have calm, predictable morning routines to assist with stress reduction and arriving to school on time. To get to school on time, you probably need to do your morning activities at certain times. So, when you’re planning your routine, it’s a good idea to think about how long morning activities will take and what morning activities need to happen.
* Write the morning routine out and put it in a visible place so the whole family can see it and refer to it as needed.
* List the regular activities you need to do to get ready for school each day. You can split these activities into things you can do the night before (e.g. packing school bag, making school lunch) and things that can be done in the morning (e.g. having breakfast, cleaning teeth etc).
* Be mindful of morning distractions including televisions, phones and other devices.
* Use positive reinforcement and be specific in your praise. For example, I noticed you’re getting to bed earlier and setting your alarm 15 minutes earlier in the morning to help you get to school on time. I am so proud of you for the effort you have put in to attending school on time”.

References:

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