

**ON TIME, ON TARGET
= ON TOP!**

SHARE THE LOAD

Children, even younger ones, can help organize the morning routine and contribute to arriving on time.

- ◇ Give them an alarm clock and make them responsible for getting up.
- ◇ Have them shower or bathe the night before.
- ◇ Have them give parents or caregivers a “ten minute warning.” This helps keep everyone on track and also makes the children more aware of the time.
- ◇ Spouses, older children, grandparents and even babysitters are often willing and usually able to help out—Ask for Help!
- ◇ Make a game of getting ready. For younger children, winning the race can be an incentive to be on time.

“What you do today is what your children will learn to do for tomorrow.”

STAY ON TIME AND STAY ON TARGET!

- ☑ **DO AS MUCH AS POSSIBLE THE NIGHT BEFORE**
- ☑ **ORGANIZE YOUR TIME**
- ☑ **TURN OFF THE TV, VIDEOGAMES, DVD/VCR ON SCHOOL MORNINGS**
- ☑ **SHARE THE LOAD**

**WAKE COUNTY
PUBLIC SCHOOLS**

What A Difference Time Makes!

*Helpful tips for keeping families
on time and on target!*

- ☑ **Be On Time**
- ☑ **Stay On Target**
- ☑ **Finish On Top**

ON TIME, ON TARGET = ON TOP!

With today's hectic schedules and numerous demands, many parents and caregivers find it difficult to overcome the late habit.

However, this habit can be broken and significantly reduced with a firm commitment to *on time* arrival. The following information will give you and your family some concrete suggestions for helping to break this habit.

"Helping [children] learn responsible behavior will help them become productive, successful adults."

Remember: what you do today is what your children will learn to do for tomorrow. Helping them learn responsible behavior will help them become productive, successful adults.

DO AS MUCH AS POSSIBLE THE NIGHT BEFORE

- ◇ Lay out clothes (yours and your child's - with their help, of course)
- ◇ Make lunches or set out lunch money
- ◇ Set the table for breakfast
- ◇ Gather everything in one place: books, backpacks, briefcase, coats, lunch money, etc.
- ◇ Check homework and backpacks
- ◇ Talk with your child about what's going on the next day to avoid surprises

ORGANIZE YOUR TIME

- ◇ Identify what is making your family late. For example, if someone likes to sleep until the last possible minute, consider having that person wake up 15 minutes earlier. Or, if it is difficult to wake the children, have them go to bed earlier or help them be responsible for getting themselves up on time. Rewards work!

- ◇ Plan how long it will take to get to school, to the bus stop or to work. Then add 15 or 20 minutes for the unexpected!

TURN OFF THE TV, VIDEOGAMES AND DVD/VCR ON SCHOOL MORNINGS

- ◇ Often, these distractions cause us to lose track of time. Before we know it, we are running late or are having a hard time getting the children to leave in the middle of a program.
- ◇ The best rule is that the TV, DVD/VCR and all videogames are never turned on in the morning.
- ◇ It is also a good idea to have the children stay inside until it is time to leave. By doing so, parents and caregivers will know where everyone is and can leave when it is time to do so.



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