

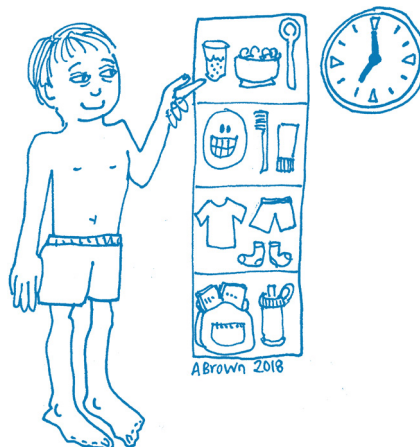
# Getting Ready for the School Day

## TIP #1

Have a set morning routine for school. Complete the same steps in the same order. Try using a simple checklist with pictures or photos to help your child remember all the steps.

## TIP #2

Have a consistent wake up time which allows enough time to complete the morning routine without rushing.



## TIP #3

With your child, start getting ready the night before by doing things like: checking the weather, laying out clothes for the next day, and packing the school backpack.

## TIP #4

Reduce distractions such as TV, tablets and other devices while your child is getting ready for school.

**Who can help? Where? When?**

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**My Tips**

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## Disclaimer

Please note that the information on this handout:

- has been prepared by Developmental Occupational Therapy (WA) Inc., known as DOT (WA) Inc. in good faith as general advice which may not be specific to all children's needs. Accordingly, DOT (WA) Inc. and its officers, employees and agents accept no liability for any injury, loss or damage which may arise directly or indirectly from information on this handout;
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