



**Tomorrow's
Child & a
whole lot
more ...**

*Join
Today!*



Part II - How Do You Help Your Child Get Organized?

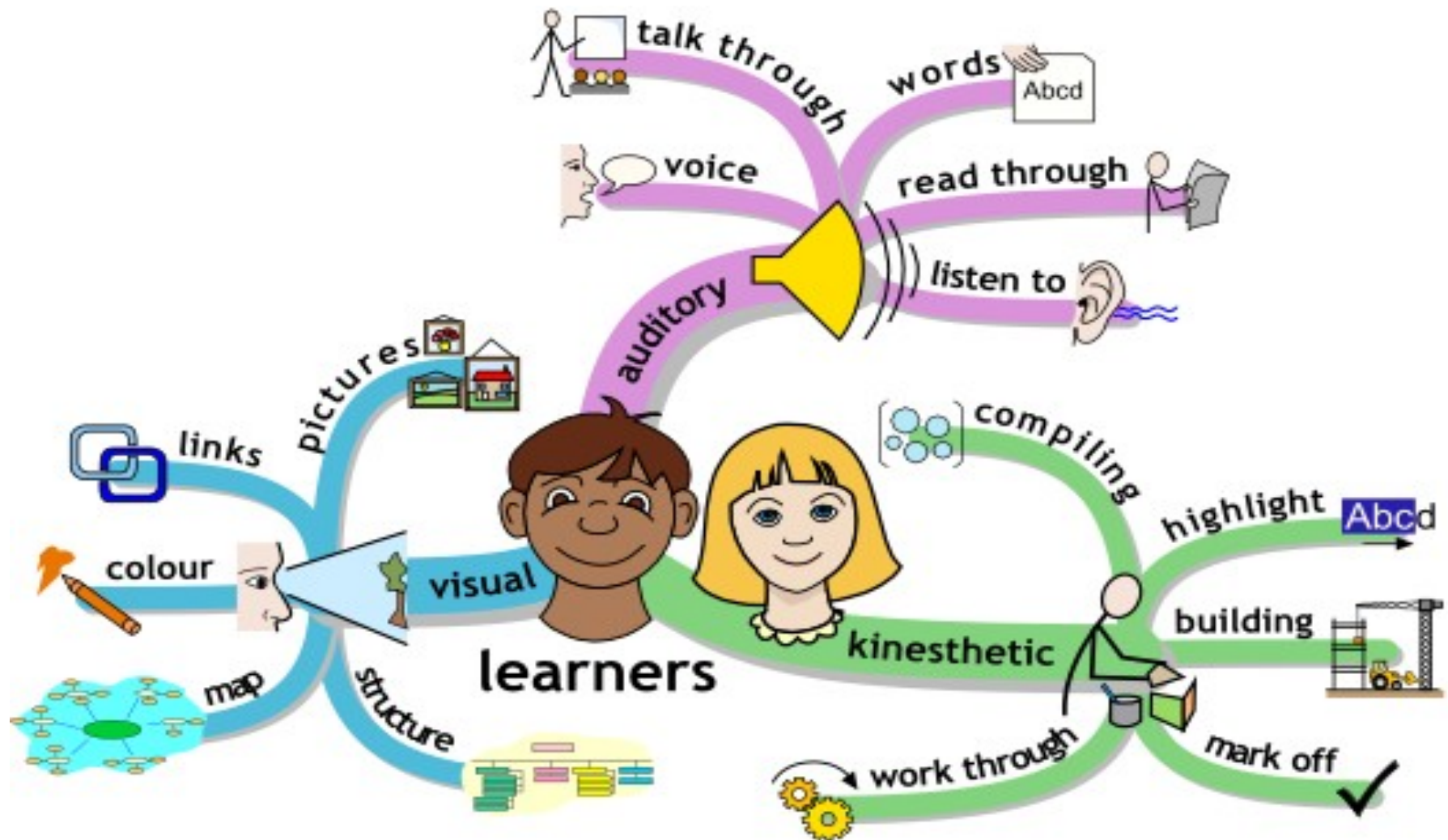


As you begin to put today's strategies into practice you will find that home life becomes less stressful and more fun.



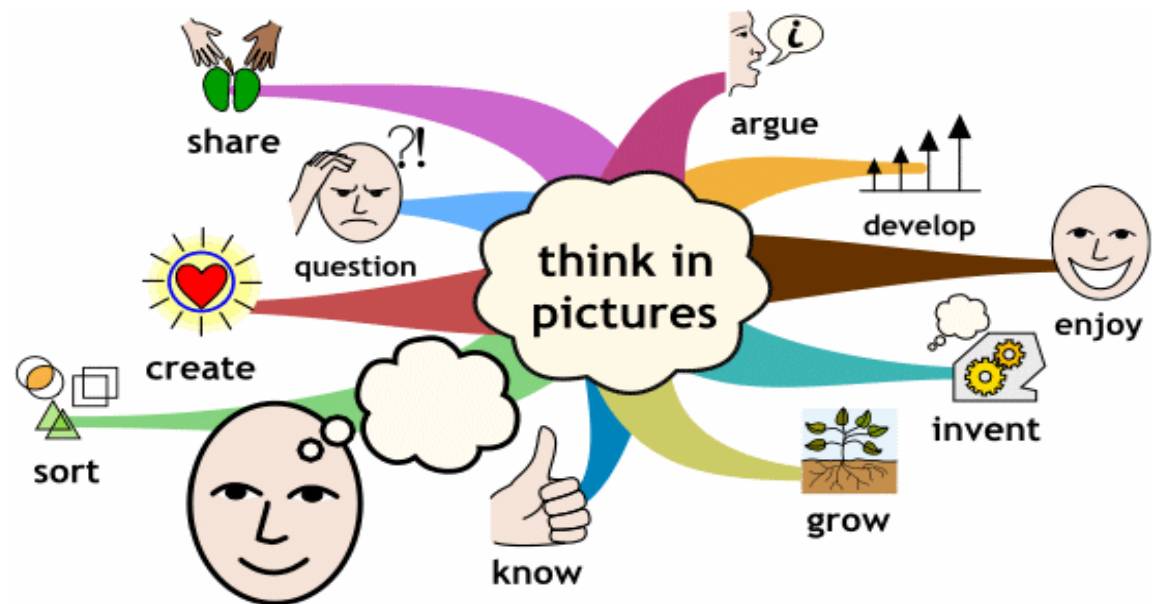
Setting Up the Physical Environment

What is your child's learning style?



The Visual Learner: Processes best by seeing information and through reading, pictures, and visual supports. The visual learning style is the most common.

- Color code information
- Step by step directions
- Written directions/ Picture schedules



The Auditory Learner: Processes best by hearing and/ or speaking. The auditory learning style is the second most common.

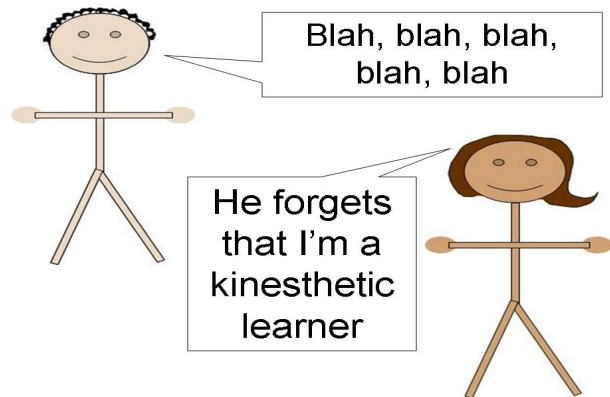
- Must have quiet place to work
- Can be easily distracted by background noises (earplugs/headphones can be helpful).
- Reading and studying out loud helps with processing information



The Tactile/ Kinesthetic Learner:

Processes information most effectively with movement. This is the least common learning style.

- Natural explorers who like to figure out how things work by taking things apart and putting them back together again
- Do well with movement incorporated into their learning model



Tips to Calm the Morning Chaos

- Get everything ready to go the previous evening
- Stick to a routine
- Use pictures or photos to spell out each step
- Narrate the routine
- Pick your battles
- Try do-it-yourself breakfasts
- Pace your children's routines
- Encourage, encourage, encourage
- Keep your weekend and vacation routines the same



Checklists:

let your child help guide you

OUR DAILY ROUTINE

AM

PM

Bathroom:

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen

Make bed

Get dressed

Put dirty PJs in hamper

Eat breakfast

Take vitamins

Goodbye hugs

Pick up toys & tidy room

Pack backpack

Put on PJs

Put dirty clothes in hamper

Bathroom:

- Tub time
- Potty
- Wash hands & face
- Brush teeth

Read for 15 minutes

Lights out

I need to do these tasks before I leave for school.

1. Eat Breakfast. ☒
2. Get Dressed. ☒
3. Brush Teeth. ☐
4. Wash face and hands. ☐
5. Make sure homework is in backpack. ☐
6. Pack lunch. ☐
7. Gym Shoe Day. ☐
8. Take pill or vitamins. ☐

I am going to have an awesome day!

Morning Routine

Rise & shine

Get dressed

Make bed

Put pajamas in hamper

Eat breakfast

Carry dishes to sink

Brush teeth

Put on shoes

Grab backpack & go

Friday - Schedule

8:00am	Leave for school
8:05am	Arrive at school
8:10am	Walk into school
8:15am	Morning checklist
8:20am	Morning meeting
8:25am	Get lessons
8:30am	Listen for information about the day
8:35am	Work Period
8:40am	Journal
8:45am	Math
8:50am	Language
8:55am	Cultural Studies
9:00am	Practical Life
9:05am	Clean-up work
9:10am	Jobs
9:15am	Outdoor shoes on
9:20am	Lunch
9:25am	Coach Dave taking students for recess
9:30am	Top off water bottle
9:35am	Work Period
9:40am	Unfinished work
9:45am	Projects
9:50am	Spanish
9:55am	McAuliffe Room
10:00am	PE
10:05am	Field
10:10am	Bring water bottle
10:15am	Class Meeting
10:20am	Appreciations or kindness wreath
10:25am	Soccer Foundations
10:30am	Coach Marcello & Newgate Parents
10:35am	Mom or Dad picks up

School Bag Checklist

What do you need today?

Water bottle?

Reading book?

Snack?

Homework?

Coat?

Lunchbox?

Other things you might need:

Book bag

Umbrella

PE kit

Gloves

Organization Tools : Everything has a spot



Label with simple pictures/words or both



**Reduce clutter:
if it doesn't
serve a purpose
get rid of it**

What about chores?

MONDAY Daily Chores		TUESDAY DAILY CHORES		WEDNESDAY Daily Chores	
☐	Brush Teeth	☐	Brush Teeth	☐	Brush Teeth
☐	Read 15 mins	☐	Read 15 mins	☐	Read 15 mins
☐	Fold Towels	☐	Make Bed	☐	Fold Towels
☐	Unload Silverware	MOM'S CHOICE	☐	☐	Pick Up Toys

THURSDAY DAILY CHORES		FRIDAY DAILY CHORES	
☐	Brush Teeth	☐	Brush Teeth
☐	Read 15 mins	☐	Read 15 mins
☐	Unload Silverware	☐	Make Bed
☐	Pick Up Toys	MOM'S CHOICE	☐



Clean Your Room

Make your bed 	Hang your towel 	Put your shoes away
Take care of dirty clothes 	Put away clean clothes 	Put your books away
Put your toys away 	Take care of paper and art supplies 	Throw the trash away

By making it fun!

Work for hire....

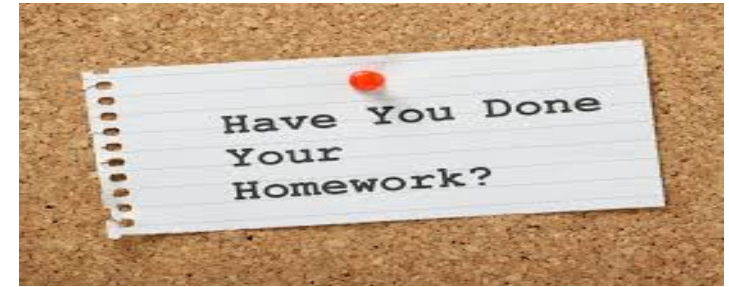


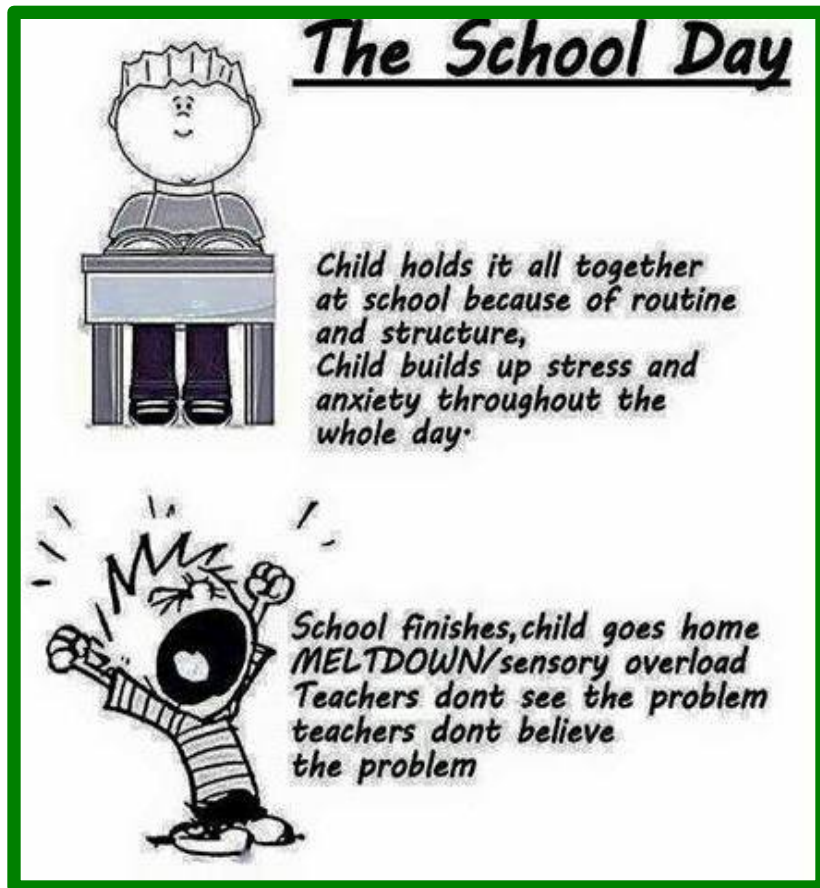
Let your child earn extra – money, another book, time outdoors, etc.

Homework

Top 5 Homework Frustrations:

- **Disorganization:** Help organize assignments and set up a consistent work plan.
- **Procrastination:** Break assignments into smaller tasks or timed amounts. Stop watches are great.
- **Distraction:** Fidgeter & Daydreamers – Allow child to have a fidget (it usually helps with their ability to concentrate). Give allocated amounts of time to finish.
- **Frustration:** When a child gets frustrated – allow them to disengage. Once they regroup encourage them to continue.
- **Rushing:** Give child designated homework times. Be very specific.





Recharging... Remember, kids & adults need a break. Provide a space that is just for them!



Family Command Center: the heart of my house



Keep all family members schedules in one place – update frequently. Discuss upcoming events at family meetings.



Family Meetings



- Everyone feels heard, acknowledged and respected.
- The bond between all family members becomes very strong.
- Parents can teach their kids that when they have a challenge, they can talk it out and come up with solutions.
- Family members will understand that when you live with others the things they DO or DON'T do effect everyone.
- Family communication helps set up a successful week.
- Create opportunities to all be together and work as a team.



And last but not least...

START *where*
YOU ARE.

USE *what*
YOU HAVE.

DO *what*
YOU CAN.



Thanks, Ann-Mari. Great ideas!

- Next session – Maren Schmidt is coming back
– The 6th Sense: Pressure Sensitivity
- In two weeks – Lorna McGrath – Anticipate, Participate, Cooperate: How We Communicate with Our Children

Thanks Everyone for Joining Us Today!