

## **Tips for helping you get your kids to school**

- Get **EVERYONE** in the house into a regular routine.
- Make sure your gudagas (children) have a good healthy breakfast before school.
- Pack a healthy lunch for them everyday including a drink.
- Get things ready the night before eg. clean uniform, make lunches.
- Give yourself time in the morning to get things ready. Use an alarm to wake up.
- Have a wash / shower each night or morning to be fresh and ready.
- Early to bed early to rise and **NO TV** after 8:30pm or 7:30pm for little ones.
- No TV in the mornings until **EVERYONE** is ready.
- Give yourself enough time to get to school before the bell goes.
- Let your gudagas know you're going to miss them while they're gone, and their school day and learning will help them be real **deadly!!!**