

children get enough sleep they do better in school.

### What can you do?

- ▶ A few weeks before school begins start changing your child's bedtime—send your child to bed 15–30 minutes earlier each night until your child is getting enough sleep.
- ▶ Do the same things at the same time each night.
- ▶ Tell your child when bedtime is getting close.
- ▶ Create 15–20 minutes of quiet time



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# Parents as Partners IN EDUCATION

## Juggling Time

**A Parent's Guide**



**WORKSHOP**

**8**

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# Juggling Time

Being a parent is fun and makes you feel good. But it's stressful too because there are so many things to do.

## Tips to help you reduce stress

- ▶ Be realistic—don't expect too much.
- ▶ Think about what you need to do—make a schedule.
- ▶ Share chores.
- ▶ Help your child make choices if there isn't enough time.
- ▶ Talk over problems.
- ▶ Limit TV time.
- ▶ Get enough sleep.
- ▶ Eat healthily.
- ▶ Share worries with other parents.

## When is a routine useful?

- ▶ in the morning before school
- ▶ for homework
- ▶ for mealtimes
- ▶ at bedtime

## Morning routines

Many parents struggle to get everyone ready on time. Children are often slow and difficult in the morning. We often start by encouraging and end by nagging.

Everyone will feel much better if you all leave the house in a good mood, feeling ready to face the day.

Children will be more successful in school if they arrive on time and don't miss important information.

## What can you do?

- ▶ Make sure you all get enough sleep.
  - Kindergarten 10½ hours
  - Elementary 9½ hours
  - Intermediate 9–11 hours
- ▶ Set an alarm clock so nobody has to rush.
- ▶ Do things the night before:
  - prepare lunches
  - set the table
  - set out clothes
  - have baths or showers
  - put school work, agendas, permission slips and lunch money in backpacks
- ▶ Have a routine.
- ▶ Do things the same way everyday.
- ▶ Think about what your child can do.
- ▶ Praise your child for doing well.

## The family dinner

Family dinners sometimes feel like a battleground but they can also be a time to be close to your children.

## What can you do?

- ▶ Ask children to help:
  - plan the menu for the week
  - write a grocery list
  - shop for food
  - prepare salads or vegetables
  - bake and cook with you
  - lay and clear the table
- ▶ Keep mealtimes short.
- ▶ Give children time to digest food—it's hard to sleep when you're full.
- ▶ Show interest in your child—find out about each other's day.
- ▶ Keep discussions light and fun.
- ▶ If your child does not like the food, let him serve a “no thank you” helping, a little bit, that he must eat.

## Bedtime routines

A routine can save you a lot of time. If you get your child to bed at a reasonable time, without a battle, it will give you time to relax or get some chores done.

Don't forget the value of sleep. It is essential for brain development. We don't let our children skip meals but we often let them stay up late. We shouldn't. When