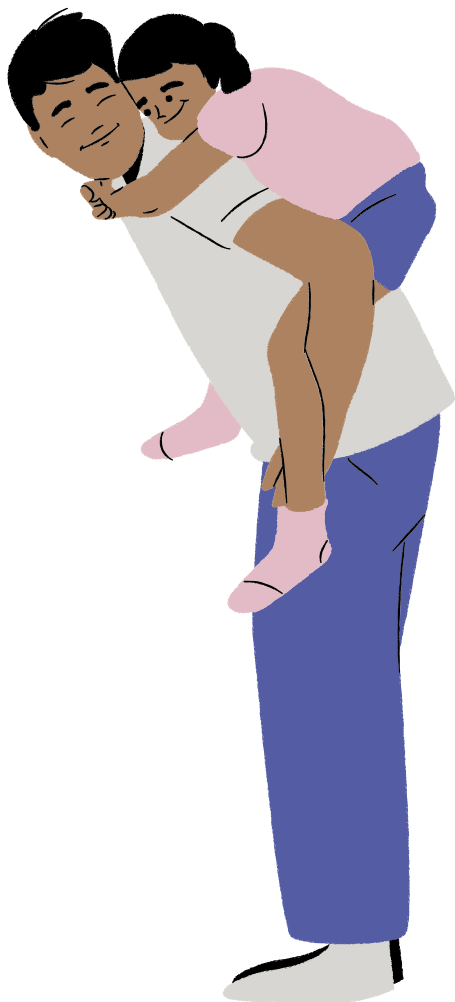


Establishing routines to help your child learn

Building these good habits will enable them to get used to the school environment and routines.



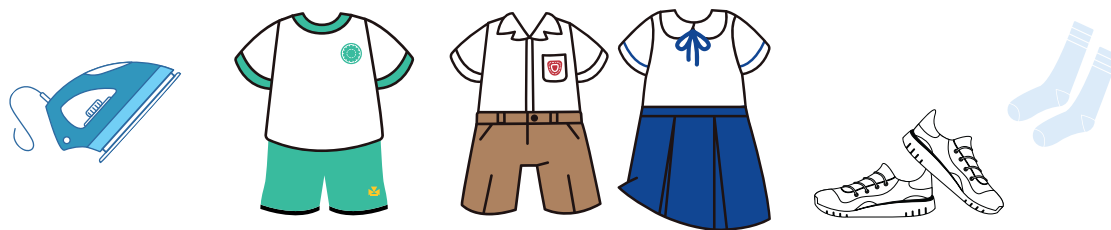
- Establishing a routine to get ready for school
- Having a dedicated space for learning
- Sleeping early and at regular times



Establishing routines to help your child learn

You can establish a routine for getting ready for school. Be consistent so that your child can get used to the routine.

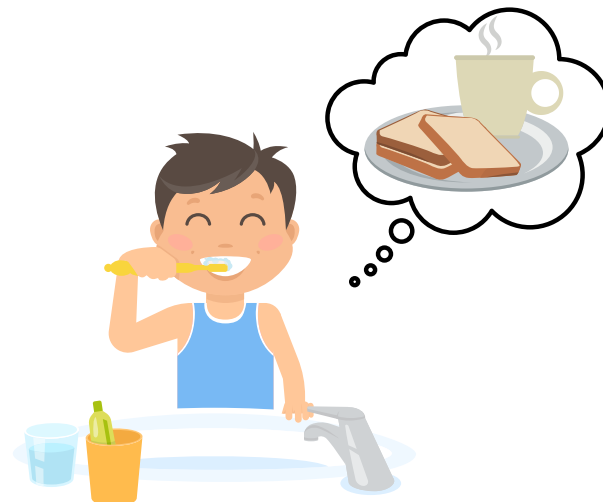
Preparing their uniform for school



Packing their school bag

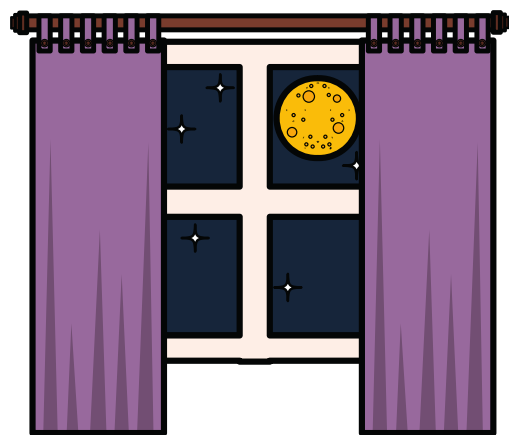


Waking up with enough time to get ready for school



Establishing routines to help your child learn

Children need sufficient sleep (~ 9 hours of sleep for primary school children) to be able to learn well.



Agree on a bedtime with your child and let them practise going to bed by that time for a week.

Establishing routines to help your child learn

Having a dedicated area for schoolwork and reading can put your child in the right frame of mind to learn.

- Find the spot with the least number of distractions e.g. away from the TV or bed.



- Keep the space tidy.

- If you have more than one child, allocate areas for each child to learn independently or together.
- Establish guidelines for how the space is to be shared in consultation with them.

Establishing routines to help your child learn

Encourage positive learning behaviours.

- Have your child design a daily timetable and put it up somewhere prominent e.g. on the wall near the study area.
- Allocate some time each day for the family to read or share something interesting.



- Have a no-TV or no-digital device time zone.



- Encourage your child's learning by displaying their work in the house.



Establishing routines to help your child learn

Most importantly, establish a daily routine with your child, with time set aside for reading, schoolwork, rest, family time and play.



For more resources, access them via **Parenting Resources** under the **Services** tab in Parents Gateway.

