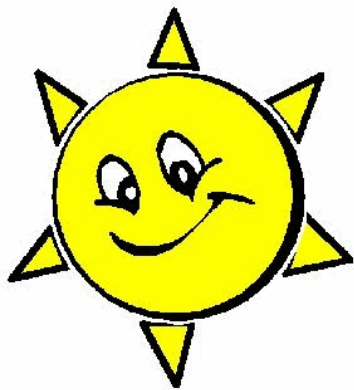


Positive Behavior Strategies:

Successful Mornings



Having a successful morning often depends on the preparation that has been done the night before.

- Make sure your child gets to bed at a **consistent time**. Be mindful that 3-4 year olds need 10-12 hours of sleep a night. This can be divided between bed time and nap time.
- **Prepare the night before** by choosing what clothing your child will wear. You can give your child the choice of two different shirts or pants. Find socks and shoes as well. Pack your child's backpack if he goes to a child care center or school. Make sure everything is ready to go the night before so you have less to think about in the morning.
- **Get your child up early enough to provide a good breakfast**. We all learn better if we are not hungry. It may be easier to have the same breakfast every day so there are fewer decisions to be made on a daily basis. Or, you may have your child choose what he wants for breakfast before he goes to bed.
- **Use pictures to illustrate the morning routine**. You can take photos on your camera phone if you have one and show your child what he needs to do next. You can also find pictures on challengingbehavior.org to help you build a visual schedule for you and your child to use. Look for "visual schedules".
- **Ask your child's teacher or therapist for tips** on how to help your child have a successful morning and how to implement some of these strategies.