



## Routines will get the school year off to a great start

Get your preteen to follow some simple school-week routines and you won't just make this school year run more smoothly. You will also be teaching her responsibility by putting her largely in charge of her own schedule.

Here are three areas where responsibility-boosting routines are especially useful:

1. **Homework.** Your preteen will probably have some every day, so teach her to take charge of it! Encourage her to hit the books at the same time each afternoon and suggest she work in the same spot. And wherever her "homework spot" may be, remind her to stock it with paper, pens and other supplies.
2. **Bedtime.** Along with showering and brushing her teeth, suggest that your preteen go over a "mental checklist" before bed each night. Are her clothes for tomorrow laid out? Is her backpack ready and waiting? Did she have you sign any and all permission slips or forms?
3. **Morning.** Hopefully, your child's bedtime routine will minimize scrambling in the morning. Still, it's good for her to follow a regular ritual in the morning, too, such as: "Wake up, eat breakfast, get dressed and go." But if that doesn't keep her from rushing around frantically, have her set her alarm clock to go off 15 minutes earlier.

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