



Tip Sheet: Getting Your Children To School On Time

Many families experience challenges in getting their children to school on time. The Australian Scholarships Group (ASG) and its parenting information resource website, www.kidslife.com.au, were asked to contribute to the debate and suggested the following tips for tardy parents and children.

Launched in 2000, with expert content from independent sources, KidsLife has helped 40,000 members who value the website as a trusted source of information. The site helps them craft effective parenting strategies that are practical and work for them rather than encouraging them to strive for “perfection”. The KidsLife website now has a new fresh look and enhanced functionality to help give parents choices in all the moments of parenting.

“Getting the family anywhere on time in a calm and relaxed manner can be one of the most frustrating and challenging tasks for parents,” says Ms Frida Kordovoulos, ASG’s General Manager, Development, “but it’s about having a workable and flexible approach to organising the family”.

“Just like KidsLife aims to provide manageable chunks of information for parents, parents need to break down all the activities involved in getting the children to school – or anywhere – on time into a series of individual tasks – much like they might use in scheduling a project at work,” Ms Kordovoulos says.

❑ **Routine**

Setting up a routine is fundamental so is ensuring there is family-discipline to keep it going

❑ **Planning and organising**

Achieving a sense of calm in getting ready for school or any other outing can only occur through planning and organising the family. This might include:

- keeping a family schedule
- knowing what’s required for each day for each child
- having a central place for processing information and notices
- placing the information on the family schedule for all to see
- going over the family schedule the night before
- getting things ready the night before wherever possible – clothes, lunches, school bags packed – everything ready to go so you can save precious time when trying to actually get out the door.

❑ **Involvement and responsibility**

Unless you get the children involved and taking some responsibility, you still won’t get the children to school on time. Try these tips to get their involvement:

- make it fun
- give them a couple of simple and clear tasks
- time their activities and encourage them to beat the clock
- make them responsible for the items they need each day, such as clothes and equipment.

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❑ **Support**

Get support where you can. This might include:

- linking into preschool, school or community programs and sharing tasks within the local community, such as a car pool or walking bus

❑ **Rewards**

There's no doubt that parents can at times be left wondering whether all the effort is worth the potential stress of trying to get the family moving, but the accumulated effect of keeping on top of the family requirements can produce great outcomes such as these:

- Natural rewards will occur for the whole family
- Parents are less stressed
- Children react more positively, knowing what is expected of them
- Boundaries are outlined
- Good habits are developed

❑ **Explore KidsLife and Parent Briefings websites**

Get parent information and resources without stress or pressure at www.kidslife.com.au

KidsLife provides contemporary researched information, including expert perspectives, in bite-size chunks, so parents can access a broad range of parenting topics, and take what they need quickly and easily. KidsLife adds new relevant articles each month, ensuring the information is current and topical. An optional monthly e-newsletter alerts subscribers to new information added to the website on a diverse range of themes.

Parent Briefings is a unique feature of KidsLife providing a 72-part series covering child development from birth to 18 years. Emailed progressively in line with the developmental age of the subscriber's children, Parent Briefings provides a quarterly PDF reference file for online viewing or printing.

Membership to KidsLife and the Parent Briefings feature is free. Subscribers can win prizes through KidsLife competitions, and incentives are available to subscribers during the next three months of the site's relaunch, although subscription to both the site and its e-newsletter is optional.

ASG is Australia's leading friendly society specialising in education benefits. It has helped more than 350,000 member parents plan for their children's education. KidsLife is a community initiative of ASG, a not-for-profit organisation committed to contributing to the development of children, parents, and teachers.

Each month the KidsLife newsletter contains:

- ❑ Articles to inspire and support you in your parenting role
- ❑ Encouragement to explore your choices
- ❑ Information to help you identify what might work for your family
- ❑ Polls - Vote and compare with others
- ❑ KidsLife competitions
- ❑ Book, CD, and DVD reviews
- ❑ KidsLife links

Visit KidsLife and Parent Briefings at: www.kidslife.com.au or the Australian Scholarships Group at: www.asg.com.au or phone: 1800 648 945

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