



e-Tips for Families

Establishing a Routine

It is important to develop good habits and create routines for the school day. This will help your child stay focused and on task.

A few tips for success:

1. Post a visible schedule where your child can clearly see times and activities.
2. Wake up at the same time every day to prepare for school.
3. Schedule breaks from electronics in the evening and discuss a time when electronics should be turned off for bed.
4. Be flexible! It may take some time to find a schedule that works.

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