

## 10 WAYS TO GET YOUR CHILD TO SCHOOL ON TIME

The morning school run doesn't always have to be a mad dash. Follow our 10 tips for getting your child to school on time and fed.

1. Lay out school clothes the night before.
2. Keep shoes in one place.
3. Get your child to bed on time (goal: 9 to 11 hours of sleep).
4. Prepare as much as possible the night before.
5. Invest in an alarm clock.
6. Encourage your child to get herself ready.
7. Keep breakfast simple.
8. Put together an emergency “just-in-case” pack.
9. Take breaks. Give the weekday routine a rest on weekends.
10. Make time for cuddles- don't skip the hugs and kisses!

