

# ***Tips for Junior Infant Parents/Guardians, from fellow Parents/Guardians***

**THE WEEK BEFORE YOUR CHILD STARTS IN JUNIOR INFANTS, TRY TO GET INTO A GOOD ROUTINE AT BEDTIME AND START TO WAKE YOUR CHILDREN UP AT THE TIME THEY WOULD NEED TO WHEN THEY'RE GETTING UP FOR SCHOOL PRACTISE GETTING READY, HAVING BREAKFAST, BRUSHING TEETH, ETC. THIS WILL HELP YOUR CHILD USED TO THE NEW SCHOOL MORNING ROUTINE IN ADVANCE.**

**ENSURE YOUR CHILD GOES TO BED EARLY, PARTICULARLY ON SCHOOL NIGHTS.**

**LAY UNIFORM OUT THE NIGHT BEFORE SCHOOL INCLUDING SOCKS, SHOES, ETC.**

**HAVE SCHOOL BAG READY THE NIGHT BEFORE SCHOOL; PACK SCHOOL WITH HOMEWORK FOLDER (LATER IN THE YEAR) AND POSSIBLY A CHANGE OF CLOTHES IN THE EVENT OF AN ACCIDENT. ALL THE BAG WILL NEED IN THE MORNING IS A BOTTLE OF WATER AND LUNCH.**

**AVOID TOYS AND SCREEN-TIME IN THE MORNING WHILST GETTING READY FOR SCHOOL AS THEY CAN DISRUPT THE MORNING ROUTINE. YOUR CHILD MAY BE TIRED IN THE MORNING; SCREEN-TIME WILL ONLY MAKE GETTING READY MORE DIFFICULT AND HARDER FOR CHILDREN TO FOLLOW INSTRUCTIONS SUCH AS PUTTING ON SHOES.**

**TURN SCHOOL UNIFORM INSIDE OUT BEFORE YOU PUT IT IN THE WASH. THE MATERIAL WON'T BALL AND WILL LAST LONGER.**

**CONSIDER BUYING A SECOND NAVY TRACKSUIT WITH NO CREST AS A BACK UP.**

