

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:

Life After ABI

Parenting

Audience:

Person with an ABI



Morning Routine

Introduction

Getting out of the house in the morning on time can be a problem. It can cause a lot of stress and frustration and can affect the rest of your day. Developing a routine to manage the morning tasks can make this a smoother process.

How do I know that the morning routine is a problem?

- The children or you are generally late
- Things (lunches, clothing etc) are regularly forgotten
- Everyone is agitated
- Lots of yelling, shouting and fighting



Why is the morning such a problem?

- There is no routine
- There are lots of jobs to do in a short period of time
- Children don't want to leave the house
- Either the children or you are tired

Prevention Strategies:

- Establish a routine and discuss it with the whole family. List the tasks each person is expected to do each morning.
- Ensure the children wake up in time to get their tasks done.
- Do what you can the night before
- Have a weekly plan: Look at each person's activities for the week and prepare for them in advance
- Set the kitchen timer to motivate children to do the tasks within a certain time.
- Assign tasks to older children
- Ensure everyone gets to bed at an appropriate time
- As children get older they need to take more responsibility for themselves in getting ready.
- In some families, morning television must wait until the child is totally ready to leave the house. The television and praise then serve as reinforcers for the children's successful behaviour.



For more information
contact the Acquired Brain
Injury Outreach Service
(ABIOS)

PH: (07) 3176 9506

Email: abios@health.qld.gov.au

Address: PO Box 6053, Buranda 4102

©The State of Queensland
(Queensland Health) 2021

Reviewed Jan 2021

For review Jan 2022
ABIOS Manager

Management Strategies:

- Discuss the family routine and weekly plan. Discuss each person’s role
- Identify the problems
- Stay calm
- Review any problems in the morning that night. Discuss options. Decide on a plan of action. Give time limits. Praise and/or reward for children following through. Always keep in mind whether the routine is realistic.
- For children nine or older you may consider getting them an alarm clock. The system relies on natural consequences. They are responsible for getting themselves up, dressed, eating breakfast, washing up, and leaving on time. They may be late for school for the first few mornings, but they should start to understand the concept within a week of starting.
- Give plenty of praise for successful mornings.

Key Steps:

- Develop a realistic plan for the morning routine
- Do what you can the night before or on the weekend
- Ensure everyone gets adequate sleep
- Stay calm, and avoid yelling or screaming
- For preschoolers give your child lots of help and praise.
- If your child is between 6 and 9 consider some basic start behaviour tactics, such as praise, timers and charting.
- If your child is 9 or older let them take responsibility for getting ready in the mornings. If you are using natural consequences, ensure you keep quiet and let consequences be the teacher.
- If you are late due to a troublesome morning, stay calm and reflect on it later when you are not pressured

Acknowledgement:

We acknowledge that in the development of the ABIOS Parenting fact sheets we have incorporated ideas from the 1-2-3 Magic Program and The Triple P program.

Resources

See other Acquired Brain Injury Outreach Service (ABIOS) Information sheets at <http://www.health.qld.gov.au/abios/>



Notes:

A large rectangular box with a green border containing ten horizontal lines for taking notes.