



Transition to High School

Morning Routine Assistance

Activity

Complete this activity with your child, there is a young persons copy of this worksheet for them to complete.

Have a think about what your child does for themselves in the morning and what you give them help with.

What my child does for themselves in the morning:

What I do for my child in the morning:

Now compare this with your child.

Do they think they do more for themselves than they actually do?

If they rely on you to do a lot for them in the morning, ask them to think about what they could do for themselves. Try not to give all the answers, let your child think of ideas.