



# Morning Readiness

## Tips

- Establish routine
- Decide on a consistent time for your child to wake every day.
- For children 5 years old or older allow for approximately 9-10 hours of sleep daily.
- For children 3-4 years old or younger allow for approximately 10-11 hours of sleep daily.
- Find preferred method - Wake up to soft music or voice or to loud (e.g. radio/favorite song, your voice, bell, birds chirping or a specific noise such as a rooster).
- Consider timing of shower. A shower to either help them fall asleep or help them to wake up ("alert" the sensory system). Consider the temperature of the water. Use a cool cloth to wipe their face in the am to "alert" them, or if they are older they may want to splash their face with cool water.
- Incorporate 1-2 alerting activities into your morning routine..
- Encouraging use of a vibrating toothbrush for 5 seconds, 10 seconds, 15 seconds and working up to the entire time brushes teeth.
- Visual chart of schedule.
- Timing of Meals - cold water or protein first thing in the morning.

## Food Hints

- Protein may help your child to focus and be more comfortable in the morning.
- Crunchy foods are considered to be alerting foods (e.g. consider dry cereal for breakfast rather than with milk, cold drinks rather than warm drinks, etc.)
- Chewy foods are considered to be organizing foods (e.g. dried fruit)
- Spicy or flavorful foods can be alerting.

## Sample Schedule

- 6:30am alarm clock goes off 7 days a week
- Parent/guardian wipes child's face gently with a cool cloth
- Child eats a protein snack and drinks a cool glass of water
- Encourage child to get out of bed and walk to bathroom (as child gets use to the routine work toward them getting out of bed and washing face with a cool cloth in the bathroom).
- Gets a luke warm shower
- Breakfast (mix of crunchy and chewy food-cereal without milk)
- Brushes teeth with vibrating toothbrush
- Jumps on mini trampoline for 10 minutes
- Child packs book-bag and puts on book-bag (deep pressure will help to calm and focus for school)