



#### Stepping Out 4

We hope you are finding some of our suggestions and resources useful. Please let us know if you have any particular issues or questions you'd like us to address.

We would like to continue our introductions by telling you a little bit about Sue Blackie, who is partnering Joanna in co-ordinating our Stepping Out group. Sue retired nearly five years ago from her role as Assistant HeadTeacher at a combined infants and junior school in the London Borough of Harrow. Her focus on the upper years of primary means she can support us with a good overview of the importance of making a good start to school life.



This week our topic is Happy Mornings! We are going to think a little bit about making a good start to the school day. We hope you found the hints and tips about your child dressing themselves helpful. It is worth taking time now to have a little think about what your morning routine is going to be in September - for example do you want your child to wash and dress before or after breakfast?



Once you've decided, you can make a start on introducing your weekday routine in plenty of time - it will be so much easier than if your child suddenly has to get into a new routine as they start school.

You will also have an idea of how much time you will need, so things will be less frantic!

Now for breakfast.....

There has been lots of research that shows that children learn and behave better if they regularly eat breakfast, so getting into the breakfast habit now is one of the most beneficial things you can do to prepare your child for a happy and successful school day. Don't get caught up in the parental guilt trap - a bowl of coco pops is far better than having no breakfast at all, but for some ideas about how to swap to some healthier options, click [here](#) or for some tasty breakfast ideas, click [here](#)

Does your child have a favourite breakfast you'd like to share with the group? We'd love to hear from you!



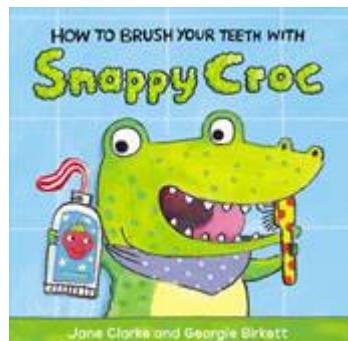
Next time, we'll be thinking about lunchtimes.

Have a good week!

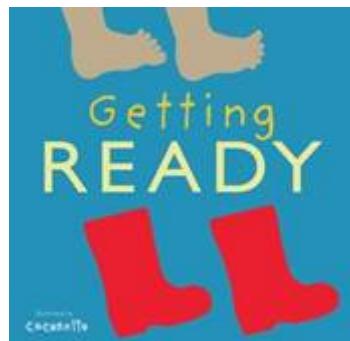
Joanna and Sue

Book suggestions.....

**How to Brush Your Teeth with Snappy Croc**



**Getting Ready**



**Goldilocks and the Three Bears**

