WHAT IS MAKING MORNINGS HARD?

A quick guide to looking underneath the morning routine

A difficult morning does not always have one cause. Look at the things you are noticing and see which areas seem most familiar for your child.

1. GETTING GOING *The beginning of the routine may be requiring more support.*

- ☐ Takes a long time to get started
- ☐ Seems very sleepy or slow
- ☐ Needs several reminders before beginning
- ☐ Gets involved in something else instead

2. HANDS & SELF-CARE *The self-care task itself may be taking more effort.*

- ☐ Buttons, zips or shoelaces take a long time
- ☐ Toothpaste, cutlery or containers are difficult
- ☐ Dressing needs more help than expected
- ☐ Fiddly parts of getting ready cause frustration

3. BALANCE, COORDINATION & PHYSICAL EFFORT *It may be adding to the effort.*

- ☐ Dressing while standing is difficult
- ☐ Balance is harder when putting on socks or shoes
- ☐ Leans, sits or lies down while getting ready
- ☐ Seems physically tired before the morning is finished

4. SENSORY COMFORT *The sensory experience of the morning may be contributing.*

- ☐ Socks, seams or clothing regularly stop the routine
- ☐ Teeth or hair brushing is particularly difficult
- ☐ Food textures, smells or sounds interfere with breakfast
- ☐ Noise, touch or busyness seems to make things harder

5. KEEPING THE MORNING MOVING *May need help to organise themselves through it.*

- ☐ Needs you to keep telling them what comes next
- ☐ Starts something but does not finish it
- ☐ Becomes distracted between steps
- ☐ Does not seem to notice that it is almost time to leave

WHAT SEEMS TO BE THE STRONGEST CLUE FOR YOUR CHILD?

Where in the morning do you notice it most?	What are you noticing most often?

The aim is not to find a label for a difficult morning. It is to notice what your child may be working hardest to manage.