

Patient Information

Top Tips for Getting Organised

Children respond well if they know what is expected of them. Planning ahead and getting into a routine helps get everyone organised and can make healthier choices easier.

Getting into a routine

Talk to your child and explain what the new routine will be. E.g. if you want to start walking to school a routine might be:

- 7 am get up.
- Get washed & dressed.
- Eat breakfast.
- Pack your school bag.
- Leave at 8 am to walk to school.

Routines can work at different times of the day, for example at mealtimes, after school or before bed. However they need to be done consistently otherwise it's not a routine! Rewards as a motivator can be helpful to get things off the ground.

Making healthier choices easier

Getting organised can help your child to make healthier choices, which may in time become the norm. Is there anything you could do to make the healthy choice the easy choice? Ideas might include:

- Buying fewer high sugar / fat snacks.
- Making time to walk to school with them.
- Changing the drinks in the house to water or diet drinks.
- Packing a healthy lunch box.
- Ensuring their bikes/scooters are ready to ride.

Planning ahead

Planning ahead is vital if healthy choices are going to be made. All of the following can help you get ahead of the game:

- Planning meals & snacks.
- Writing a shopping list (and sticking to it).
- Prioritising time for cooking.
- Making lunch boxes the night before.
- Allowing enough time to walk to school.
- Prioritising time for family activities.

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