

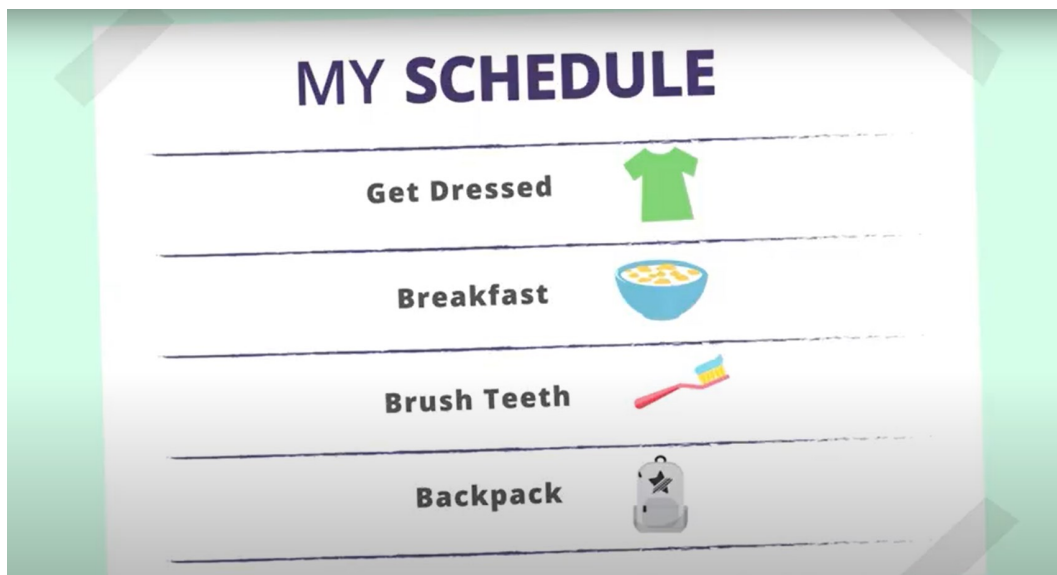
Provider Tip of the Week

March 2, 2022

Getting Out the Door on Time

For many families, getting out the door to school each morning can be a source of stress and conflict. For preschoolers, you can help parents promote autonomy and self-regulation skills by suggesting that they create a simple picture schedule of the morning activities to empower their child to be “in charge” of their own behavior. Having control over how and when things get done increases cooperation skills and builds competence.

See this video for an example from the well child visits: [Getting Out the Door on Time](#)



Watch the Video!

Provider Tips powered by the **Keystones of Development** curriculum, login at parenting.mountsinai.org/providers/ to learn more.