Routines - What are we going to do everyday?

An organized and predictable home environment helps children and teenagers feel safe, secure and cared for, particularly in stressful times. A daily routine doesn’t mean a rigid schedule. It means that everyone in the family knows what to expect during the day.

❤ Keep your current routines:
- Wake up at a regular time
- Eat at regular times
- Change from pajamas to day clothes
- Go to bed at regular times

❤ Time for school work
- Do school work at the time of day that your child has the most focus. Early in the day is usually best for younger kids, teenagers may do better later in the day.
- School work does not have to be done in one long sitting. Kids need lots of breaks. Study time should be in short blocks that are flexible depending on the age and attention span of your child.

❤ Time to exercise
- Getting moving outside of the house is good for everyone’s physical and mental well-being. Set aside time each day to go for a walk, ride a bike, play a game of tag, or kick a ball.

❤ Time for free play or quiet time
- Each day should have some unstructured time for kids to choose their own independent activity like playing alone with their toys, drawing, playing a video game, or watching T.V. Yes, a little extra screen time is ok.

❤ Time to be social
- Kids need to feel connected to friends and loved ones they aren’t able to visit. Give them an opportunity to call or video chat with a friend or family member.

❤ Time to read
- Set aside at least 20 minutes for reading each day in addition to regular school work.

Create some structure, but allow room for flexibility. Routines are supposed to ease stress, not create more. Go easy on yourself and your family. We are all learning together and trying to adapt to our new normal.