



WELL-BEING NEWSLETTER

ROUTINES

AS WE ARE ABOUT TO HAVE ANOTHER HALF TERM BREAK I THOUGHT WE'D LOOK AT ROUTINES. CHILDREN CAN OFTEN SHOW A CHANGE IN BEHAVIOUR DURING HOLIDAYS AND BE UNSETTLED WHEN COMING BACK INTO SCHOOL.

JUST LIKE ADULTS, CHILDREN FEEL MORE CONFIDENT AND SECURE WHEN THEIR DAILY ACTIVITIES ARE PREDICTABLE AND FAMILIAR. A CONSISTENT DAILY SCHEDULE AND STEP-BY-STEP ROUTINES GIVE CHILDREN A PREDICTABLE DAY.

AT SCHOOL WE DO THIS BY HAVING LESSONS AT THE SAME TIME EACH DAY, CHILDREN KNOW WHEN BREAK TIME IS AND THE LUNCHTIME ROUTINE. IT'S THESE ROUTINES THAT HELP US HAVE A SETTLED DAY.

WE SEE A BIG DIFFERENCE IN BEHAVIOUR WHEN THESE ROUTINES CHANGE, SUCH AS NON UNIFORM DAYS OR WHEN WE GO ON TRIPS ETC THEREFORE IT IS NO SURPRISE THAT THEY MAY STRUGGLE WITH HOLIDAYS.

HAVE A LOVELY BREAK!

KEY POINTS

DAILY ROUTINES HELP FAMILY LIFE RUN SMOOTHLY. THEY ALSO HELP FAMILIES ENJOY MORE TIME TOGETHER.

ROUTINES HELP CHILDREN FEEL SAFE, DEVELOP LIFE SKILLS AND BUILD HEALTHY HABITS.

ROUTINES HELP PARENTS FEEL ORGANISED, REDUCE STRESS AND FIND TIME FOR ENJOYABLE ACTIVITIES.

GOOD ROUTINES ARE WELL PLANNED, REGULAR AND PREDICTABLE.

CHILDREN DO NOT NEED CONSTANT ENTERTAINMENT DURING HOLIDAYS, IT ACTUALLY DOES THEM GOOD TO HAVE A BREAK AND RELAX TOO.

THERE ARE SOME SIMPLE ROUTINES THAT CAN HELP YOU HAVE A HARMONIOUS BREAK:

- GETTING READY IN THE MORNING - DURING THE HOLIDAY ITS NICE TO BE FLEXIBLE WITH THE TIMINGS FOR THIS, NO MATTER WHAT TIME YOU GET UP STILL ENCOURAGE THEM TO GET READY AT SOME POINT IN THE DAY AND YOU WILL HOPEFULLY FIND IT EASIER WHEN RETURNING TO SCHOOL
- EATING MEALS - EAT AROUND THE SAME TIME EACH DAY, IT MIGHT AVOID THE CONSTANT 'CAN I HAVE A SNACK?' QUESTIONING FROM OUR LITTLE ONES!
- SPENDING TIME PLAYING AND TALKING TOGETHER - CHILDREN WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL, QUALITY TIME TOGETHER IS FREE YET PRICELESS
- READING BOOKS OR TELLING STORIES
- HAVING A BATH AND GOING TO BED AT NIGHT - THIS IS MY FAVOURITE, TIRED CHILDREN CAN BE GRUMPY SO A REGULAR BEDTIME IS INVALUABLE
- LET THEM KNOW IN ADVANCE OF WHAT EACH HAPPENING EACH DAY - IF THERE ARE NO SUDDEN SURPRISES THEN THEY CAN MENTALLY PREPARE THEMSELVES THAT THEY ARE GOING OUT AND AVOID MELTDOWNS