

KixCare TIPS

How Can I Get Back Into a Family Routine?



Getting back into a family routine can be tough for your little one. Whether it's adjusting to a new schedule after a vacation, school break, or another life event, changes in routine can be unsettling for your child.

- 1 Go with the Flow.** If the change in routine is due to vacation, it is okay to enjoy and reestablish routine at a later time. Enjoy the time spent with each other during vacations or school breaks.
- 2 Let your children know what you expect from them and ensure they stick to it.** Discuss and let them know when you are changing the routines, and explain to them why. Having a routine establishes expectations and develops stability.
- 3 Identify the best tool** for your child whether it's a schedule, pictures, poster, or calendar. The visual schedule provides your child with information about what is happening, when it is happening, what changes may occur, and when it is time to move on to another activity.

Cut here for a colouring sheet for your little one

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