



Changes in Routine

Routines can impact your child's behavior at home and in school. It is challenging to get children into a good routine. Life can be unpredictable, and changes such as vacations, daylight saving time, and school can impact the routines already set. Routines help provide opportunities for learning, independence, and self-regulation skills. Children feel secure when there is structure in their lives and immediate environment.

Tips To Help During Changes in Routine:

1. **Go with the Flow** - If the change in routine is due to vacation, it is okay to enjoy and re-establish routine at a later time. Enjoy the time spent with each other during vacations or school breaks.
2. **Stick to It** - 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. A stable routine is essential when having multiple activities in a day.
3. **Use Visuals** – We as adults use planners/calendars to help keep us organized and on track. Children also need this to help them remember their schedules. Identify the best tool for your child. Is it a written 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.

New Addition to the Family

A new addition to the family can disrupt the current routines set in place. If your eldest child is experiencing feelings of jealousy, allow them to convey those feelings. If you notice changes in their behavior, such as having tantrums or acting like a baby, this is all normal and a way of expressing their feelings.

Here Are a Few Tips to Help During the Addition of a Sibling:

1. Prepare your child for the arrival of the new baby
2. Spend some time alone with your older child on a regular basis and incorporate it into your daily routine with them.
3. Don't make significant changes to your child's routine, such as their sleeping arrangements. If needed, try to make changes a couple of months before or after the newborn. This will help establish the routine.

Back to School

Time to set those early morning and bedtime routines. Set routines for at least two weeks before returning to school. Discuss with your child what the morning and bedtime routine will look like during the school year. Provide your child with simple, easy steps for their routine. Use a schedule or visual guide, so they know what the steps are.



Like the morning routine, a structured schedule will help your child focus on homework. Completing homework after school with parental/guardian support will provide encouragement, motivation, and assistance when needed. Provide frequent positive feedback for their effort, which will help keep them motivated to complete their homework.



Back to School Meals

1. Set your menu for the week
2. Involve your children by providing options (orange or bananas)
3. Prep the night before and freeze your favorites
4. Encourage your children to prep their lunches



References:

[Dealing with challenging behaviour when a new baby arrives | Family Lives](#)

[Do changes to routines affect your child's behaviour? \(childrensupportolutions.com\)](#)

[Helping Kids Back Into the School Routine - Child Mind Institute](#)