

KixCare TIPS

How Do I Help My Child Adapt to a New Routine After a New Baby?



Bringing a new baby home is very exciting for everyone including the older sibling, but a new addition to the family can disrupt the current routines set in place.

They can experience feelings of jealousy so 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.

- 1 **Prepare your child for the arrival of the new baby** in advance by talking to them and reading books about being a big brother or sister.
- 2 Once baby arrives, **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.
- 4 Lastly, **allow them to bond with you and the baby**, give them age appropriate task to help out with and lots of time for snuggles.

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How Do I Help My Child Adapt to a New Routine When Going Back to School?



Back to School is an exciting time for everyone. Your children get to see old friends and teachers and as the parent, you may even get a few hours back in the day, but the change in routine can still be an adjustment.

- 1 It takes them time to adjust, so start early.** Morning and bedtime routines can be frustrating and stressful, so starting these changes at least two weeks before returning to school can be helpful.
- 2 Discuss with your child what the morning and bedtime routine will look like during the school year.**
- 3 Provide your child with simple, easy steps to follow.** Use a schedule or visual guide, so they know what to expect.

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How Do I Help My Child Adapt to a New Routine When My Child Goes to Daycare?



Starting daycare is emotional and a major change for both you and your child.

- 1 Start talking with your child about the routine changes before the first day of daycare.
- 2 Borrow some books from the library to read that relate to children going to daycare and all the fun things they have there to do, including new friends and teachers.
- 3 Ask the daycare to set up a few days so that you and your child can spend some time visiting and planning together. They may also have an option of a half day before the first full day.
- 4 Prepare yourself for all the tears at drop-off and pick-up. They will happen, it is completely normal for them to feel scared and unsure about the change but trust that the daycare will comfort them when you are gone.
- 5 At pick-up show them all the love and excitement that you have after a day of missing them

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How Can I Get Back Into a Family Routine?

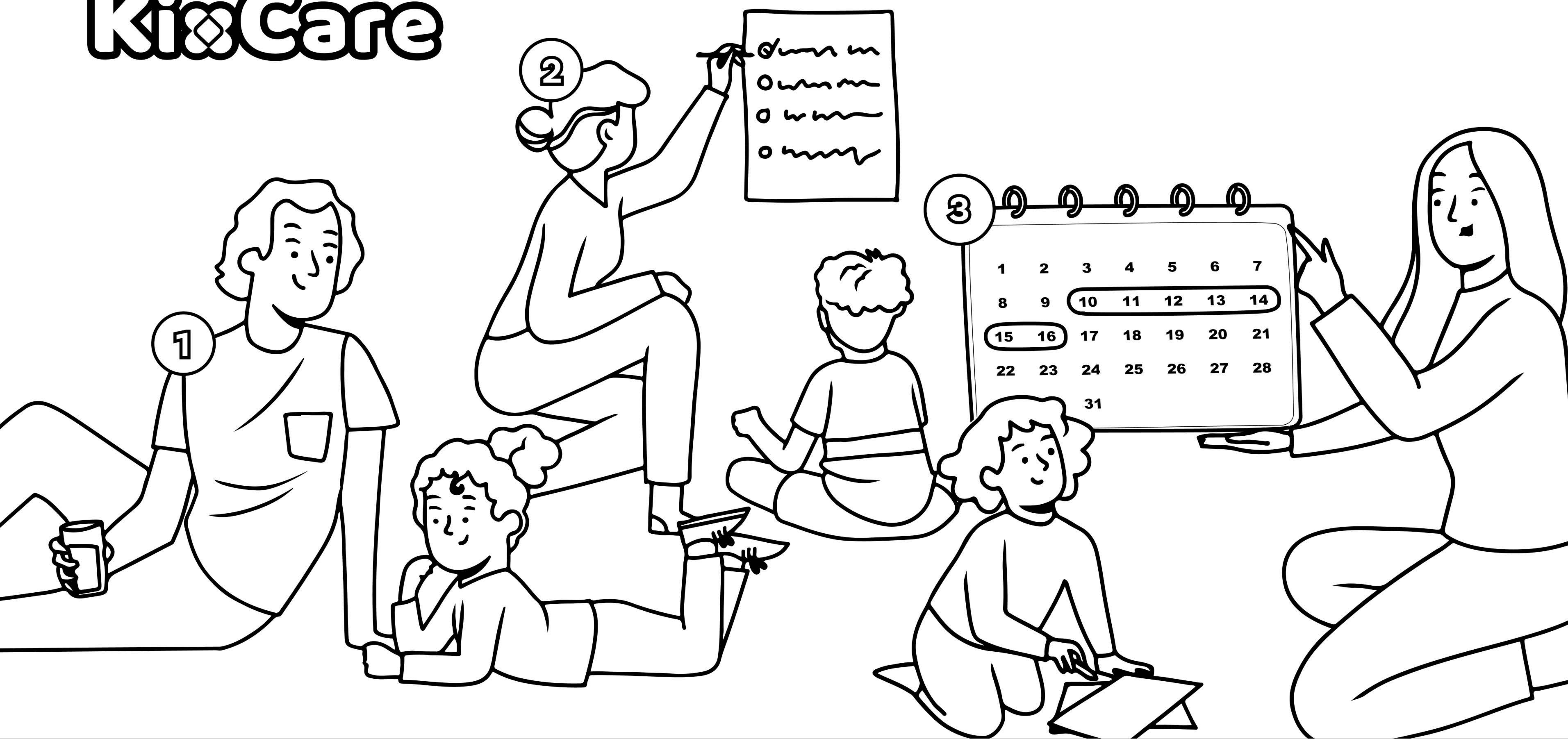


Getting back into a family routine can be tough for your little one. Whether it's adjusting to a new schedule after a vacation, school break, or another life event, changes in routine can be unsettling for your child.

- 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.

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How Can I Help My Child Manage Feelings After a Routine Change?



Life can be unpredictable, and changes such as vacations, daylight savings time, and starting school can impact the routines already set.

Routines can impact your child's behaviour at home and in school, but it can be challenging to get children into a good routine.

Routines help provide opportunities for learning, independence, and self-regulation skills.

- 1 Have patience, but be consistent.** It takes time to adjust mentally and emotionally.
- 2 Provide your child with simple, easy steps to follow.** Use a schedule or visual guide, so they know what to expect.
- 3 Explain to your child **when and why** their routine might change again.**

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How Do I Continue a Healthy Routine When My Kids go Back to School?



Back to school can be stressful when trying to manage homework, screen time, play and bonding. Here are some tips to help with the transition!

- 1 **Make a clear schedule with your children**, allowing them to fit everything in after school. A structured schedule will help your child focus on the homework that needs to be completed.
- 2 Make sure to complete homework after school with **parental/guardian support**. This will provide your child with encouragement, motivation, and assistance.
- 3 **Provide frequent positive feedback** for their effort, which will help keep them motivated to complete their homework.

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How Do I Introduce New Eating Routines to My Child?



Let's talk about some tips to make mealtime easier and how to pick foods for your children.

- 1 Involve your children by providing options and having them **pick some of the grocery items**.
- 2 **Get creative with your meals, but start with small changes to what you usually make.**
- 3 **Plan your menu for the week.** This is a great time to bond with your child and talk about all the yummy and healthy meals they enjoy and why they enjoy them.
- 4 When busy, **prepare the night before** and freeze your favourites.
- 5 As your child gets older, **encourage them to help you to prepare meals and lunches.**

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How Do I Introduce My Child to a New Sleeping Routine?



Sleep is very important for all children's bodies. It helps them regain energy, grow and develop and fight off any illnesses they may be experiencing.

- 1 Make sure that they **don't adopt new sleep routines when they are sick or starting something new** such as daycare or school.
- 2 **Speak to your child about their new sleep routine.** Explain why it's important, and be consistent with them.
- 3 If your child is old enough, **allow them to ask questions and work with you on this change to their sleep schedule.**

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