

KixCare TIPS

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.**

Cut here for a colouring sheet for your little one

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