



Maintain a Routine!

Maintaining a routine can support children in understanding time management, establish habits and provide them a sense of security when they know what to expect. For anyone working from home, an established routine can help maintain consistency and balance the demands throughout the day.

Whether your child is in child care or completing their schooling from home, establish a routine that is similar to what their regular routine would have been.

Here are some tips to consider when creating your child's daily routine:

For school-age children begin by determining what academic goals you want to put in place for your child. Thames Valley District School Board is encouraging families to use the "Learn at Home" online portal offered by the Ministry of Education that has learning resources for math, science and language development. The Ministry of Education also has the Ontario curriculum posted by grade and subject if you are interested in seeing what goals your child should be reaching this school year. Please visit <https://www.ontario.ca/page/learn-at-home> for the Online Portal and <http://www.edu.gov.on.ca/eng/curriculum/elementary/> for the Ontario Curriculum.

Once you have established a school routine, begin planning the rest of your day:

- Have your child wake up and go to bed at the same time, Monday to Friday.
- Try to continue your regular morning routine such as having breakfast together as a family.
- Incorporate physical activity either inside or outside. You can play games together outside, go for a walk or even do a workout together!
- Plan for an after school activity to replace any extra-curricula's your child may have been involved in. You can use YouTube for video classes that teach dance, karate, etc. or teach your child a new skill such as playing an instrument.
- Continue your regular evening routine that may include having dinner together, giving your child a bath and reading a book before bed.
- When you are planning your child's daily routine, be mindful of distractions that may occur at home such as playing with a pet, a sibling disrupting them and so on.

With schools and child cares temporarily shut down, recreation programs and community locations closed, a child's regular routine has been greatly impacted.

When there is a major change in routine or lack of schedule, children may become stressed or anxious about what they are doing next.

If you are interested in incorporating visuals into your child's day, please feel free to use the templates provided. You can print them off or copy them onto a piece of paper. Don't forget to customize to your schedule.

If you require assistance in supporting your child's needs or developing a schedule at this time, please contact your Resource Consultant with Childinü Oxford. Visit <https://www.childinüoxford.com/about/meet-our-team/> for their contact information.

To help make your child's daily routine more successful, provide them with a visual schedule. A visual schedule provides the benefit of reducing anxiety of what is and isn't happening that day and when those activities will occur throughout the day. A visual schedule can consist of printed pictures, drawn pictures, word or objects around the house.



When using your visual schedule:

- Place the schedule at your child's height so it is easy for them to see and use
- Label each picture with the activity name
- As your child completes an activity, have them take the picture/object down to represent that it's complete
- Don't forget to schedule a snack break
- Incorporate a timer so they can see how much time they have left at an activity. For younger children, provide them verbal warnings such as "10 more minutes until we are cleaning up for lunch."

For children who need specific, short instructions for their routine, try using a First & Then Board. This type of visual schedule allows you to post two activities at a time: one activity that is happening now and a second activity that is happening next. Explain to your child, "FIRST you need to eat *your lunch* and THEN you can go play."

