

Make a Home Schedule



As we head into another week in our homes, it is important that we help our children (and ourselves) get through these days in self-isolation by providing consistency and a predictable routine. Children do better mentally, emotionally and physically when they are in settings where they know what will be taking place. If you haven't had a chance to map out a routine yet, now is the time to do it.

What You Will Need:

- Sheet of paper or poster board
- A marker

Engaging Your Child:

Start by thinking about the different chunks of time that you want to provide for your family and then organize them into a schedule. If appropriate, this is a good time to ask your child for their input. You might, for example, plan to include outdoor time, reading time, quiet time, chores, homework (for the older children), screen time, etc. Build these activities into the parts of the day that are more fixed like breakfast, lunch, nap, dinner, bath, and bedtime. Write your schedule and post it so that its visible for everyone to view. Tip: if you have toddlers or preschoolers, use simple drawings to represent activities on your schedule, rather than words. Toddlers and preschoolers do not understand time in the way that older children and adults do, so for their schedule, don't worry too much about including the hour that each activity takes place. The most important thing here is to create a routine that makes sense for you and your family - one that you will follow consistently each day.