

School Day Routine

EVENT	WHY?	IDEAS
WAKE UP	<p>Your child's morning routine starts now.</p> <p><i>When kids have regular routines and activities in their lives it creates structure and helps them feel comforted and safe.</i></p>	<ul style="list-style-type: none">- Set an alarm for your child- Older kids can set their own alarm
MORNING ROUTINE	<p>Having a morning routine check-list can help your child stay on track and learn how to be more independent.</p>	<ul style="list-style-type: none">- Write out a routine or checklist- Picture Schedules can be easier for some children to follow
BREAKFAST	<p>Regular mealtimes ensures we are getting in the nutrients our bodies need, and reduces grazing. If your child is not a breakfast eater or if you don't have time, pack a 'grab and go' breakfast or extra snack.</p>	<ul style="list-style-type: none">- Wake up to Breakfast Every Day- AHS Nutrition & Recipes
SCHOOL	<p>School can be stressful and difficult for some children, both academically and socially. Check in with your child and their teachers regularly to help them problem solve and come up with some ways to cope.</p>	<ul style="list-style-type: none">- Check-in with your child after school- Kids Have Stress Too Toolbox ('Problem Solving' & 'Ways to Solve Problems')
SNACK & QUIET TIME	<p>Family members of ALL ages benefit from having periods with low stimulation where they can de-stress and calm down. Children can play quietly in their rooms.</p> <p><i>Remember that children have been on screens during school hours, so limiting screen time at home is recommended.</i></p>	<ul style="list-style-type: none">- Help your child choose & set up a quiet activity (screen free).- Reading, Lego, dolls, colouring
FREETIME	<p>Did you know that PLAY is key to positive child development? Help your child come up with some play-based activities or try something new. Encourage some of these to be physical in nature so that they're getting exercise throughout the day.</p>	<ul style="list-style-type: none">- Play with friends or siblings- Encourage active play!- 60 minutes per day is recommended- *Screen Time Recommendations*
DINNER & PREP	<p>Children can help with dinner prep by setting the table, helping to cook the food (with supervision). It's also a good time for kids to pack their lunch for the next day.</p>	<ul style="list-style-type: none">- Setting the table- Washing food- AHS Nutrition & Recipes
PACK LUNCHES	<p>Kids can help prepare their own lunch. Packing lunch around dinner time can save time later on and makes cleanup a lot easier too.</p>	<ul style="list-style-type: none">- Peanut & Tree-Nut Free meals/snacks- What's for lunch?- Snacks for Children
FAMILY TIME	<p>It is important to spend time together as a family. This helps reduce stress and build connections between family members. Why not do this while being active together such as going on a walk, kicking a soccer ball, or having a dance party!</p>	<ul style="list-style-type: none">- Dishes (make it fun!)- Story time (try giving each child a turn to pick a story)- Dance party!

CHECK IN & HOMEWORK

Have a regular time for an emotional check-in with your children when they are relaxed. Try to find time each day for some one-on-one time to give them the attention they need.

Instead of asking how their day was, try asking more specific questions

- Conversation starters (see below)
- [Kids Have Stress Too Toolbox Activities](#) ('Stop, Look and Listen')
- Check your child's agenda or homework board (D2L)

BEDTIME

Having a regular bedtime routine promotes healthy sleep for all ages (that means you too).

- Create a bedtime routine
- [8 Sleep Tips for Every Child](#)
- [Smiling Minds](#) has sleep meditations

ME TIME

Try and build in some quiet time for yourself to end your day on a positive note. It can also provide some time to catch up on daily news without the kids listening.

- Watch the news
- Take a shower
- Connect with your partner
- Sit with your own emotions/journal

CONVERSATION STARTERS

- RATE YOUR DAY ON A SCALE OF 1-10.
- WHO DID YOU PLAY/SIT WITH TODAY?
- WHAT DID YOU DO AT RECESS TODAY?
- TELL ME ONE THING YOU LEARNED TODAY?
- WHAT WAS HARD ABOUT TODAY?
- WHAT IS SOMETHING THAT MADE YOU SMILE/LAUGH TODAY?
- TELL ME YOUR TOP 2 THINGS FROM TODAY. WHY ARE THEY YOUR TOP 2?
- WAS ANYONE SITTING/PLAYING ALONE TODAY? WHAT CAN YOU DO IF THEY ARE ALONE AGAIN TOMORROW?
- WHAT WERE YOU PROUD OF TODAY?
- WHAT ARE 3-5 WORDS YOU WOULD USE TO DESCRIBE YOURSELF?
- WHAT DO YOU LIKE ABOUT YOUR TEACHER(S)?
- WHAT WAS YOUR FAVOURITE PART OF YOUR LUNCH?

For more information and resources, visit our website at

www.chestermere.ca/pcss