

The importance of a routine

I don't know about anybody else but despite spending more time than ever at home, my washing pile is completely out of control...I have lost all my usual routines and so am in chaos. If we as adults are feeling like this, along with stressed, tired, worried...how must our kids be feeling? Everything they know and rely on, including us, is different. Their behaviour is probably more challenging, more erratic and you are exhausted. You are used to the challenges of the 6 weeks holidays but this is so different.

So go back to basics, this will help you and your child.....

Create a new routine

1- give yourself time to think about what is going to work for your family. Make sure you think about everyone in your house

2- set markers in the day, for example at crocus fields, the meal times are a clear marker (breakfast by 9; lunch by 1; tea by 6) these markers are when you can breathe for a moment, but they are also invisible security barriers for your children. Children need routine to feel safe and if they don't have a routine they try to make themselves feel safe and you will

start to see controlling behaviours

3- think about what you can do at certain times, you will still need to be doing the washing; washing up etc so build that into your routine because your child will see that too and that begins to make their world more predictable again.

4- if screens are an issue in your home (mobiles; ipads; youtube etc) then think carefully about when you allow them, try hard to stick to what you normally do when school is open....trust me this will reduce the battle and the frustration AND it will mean that when they do have screen time, you will have a proper break!

Example routine (in my house) I have put in bold my markers, these are the points that I stick to whether it is bliss or a battle sort of a day.

I get up; wash up; get washing sorted; plan meals for the day in my head; Breathe!!

8am -Breakfast and everyone gets ready

9am- activity of some sort

10.30am– PE of some sort in the house (my poor neighbours!)

11am- activity of some sort

12.30pm- lunch

1.30pm- activity of some sort

3pm- daily exercise outside

4pm- HOORAY!! playstation / tv etc ++ cup of tea for me.

6pm- tea

8pm- bedtime story etc

8.30pm- REEELAXXX!

Every house is different, every child is different, so be realistic about what is and isn't possible.

I use physical activity to keep myself and my son grounded!

Your activity can be anything- sensory, colouring, building, dressing up etc. Just remember...It doesn't have to be perfect!! There is no such thing. It doesn't have to last for the whole time, these are rough guides for yourself.

Plan your week one evening, I do it on saturday, and get what you need together, then you don't need to be stressing for the rest of the week.

