

# Surviving the school holidays!!! Parent Support

School holidays are exciting! Your children might have plans to stay up late, or sleep in, but as a parent, you know that isn't always the best for them. It's a good idea to keep their routine in place, but how? Here are some tips to help.



## Bedtime

Keeping the bedtime routine is one of the most important things you can do during the school holidays. You don't need to be so strict with the actual time of bedtime. If you want to put it off by half an hour or an hour, that's fine. But, keep the structure in place. If your little one is used to brushing their teeth, then reading a story and then to sleep, keep doing that. Try

not to let screen time become 'a thing' that will be hard to stop at the end of the holidays.

## Morning

If you want to let your child get up half an hour, or an hour later, that's fine. But, again, try to keep the routine the same. If your child gets up, has breakfast, brushes their teeth, and gets dressed, keep that structure. That way, the change in September will be less of a problem.

## Mealtimes

Try to make a plan for when you are going to eat each day. These times don't necessarily have to be the same times as your children would eat if they were at school; mealtimes have to be at a time that suits the whole family. But letting your child know when lunch will be in advance gives them some routine and structure.



## Daily tasks

Depending on the age of your children, you could set them some daily tasks. These could be a mix of chores, and fun activities. Make a chart that shows your child exactly what it is they're supposed to be doing and when. This can help give them a little reward throughout the holidays, and keeps them in the habit of having some small responsibility outside of school.

## Weekly plans

It can be helpful for children to see a visual plan of the week. You could also make a weekly routine. For example, Tuesday afternoons could be the day you go to the park, or maybe on Monday mornings, you all go swimming. Whatever way

you want to plan your week, make sure that your children are involved, and can see where they're going to be and when.

### Don't over-schedule



While a routine is important, don't make it so busy that nobody has any time to relax! During school time, children are really busy. They need some time to just do nothing, use their devices, talk to their friends, or whatever it is they do to relax. Make sure that you give your children time to do that! This isn't just important for your children, but it's important for you too!

### Transitioning into the holiday

You should let yourself transition into the holiday routine. It will take a little time for you to figure out the best routines for your family. Don't worry or be too hard on yourself if the first couple of weeks don't go exactly to plan!

### In the last few weeks of holidays:

1. Get "routine" appointments done - a check up at the dentist, a haircut, a visit to the GP, an eye appointment etc. It will take the pressure off when term starts.
2. Create a "back to school" family calendar with everyone's events marked: swimming lessons, sports practices, family events etc. It can cut down on family chaos, especially for those feeling more anxious than others.
3. Try not leave school uniform shopping to the last minute, online shopping for the basics is a win! Also, don't forget to label everything with your child's name.
4. Buy school supplies early and start packing bags in advance. It helps to make a list of things your child absolutely needs and wait to buy things you aren't sure they will really use.
5. Reset and re-establish bedtime and mealtimes. Try bringing bedtimes a bit earlier and try getting up a bit earlier each morning over the last week. All of this reduces the first-day-back shock at getting up early again.
6. Practice the walk to school if your child will be walking to school without you, so you can time exactly how long it will take. The familiarity of walking to school 'for practice' before school starts, will also make it feel more natural when the time comes.

