

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

