

How To Make a New Home Routine

Set a School Day Schedule

- Keep it as close to your child's normal school schedule as possible.
- Set-up specific times for reading, math and other academic work as well as breaks.

Learn From the World Around You

- Many schools are sending work for students to do.
- READ, READ, READ!
- Build in specific time in schedule for special subjects like movement, art and music.

Schedule 2-3 Times a Day to Get Outside

- Be physically active!
- Try going for a family walk or challenge each other to skip, hop and jump as many times as you can. Ride bikes or scooters. Do simple exercises like jumping jacks or more complex moves like cartwheels.
- Play physical games indoors, like Simon Says, Freeze Dance, or Red Light, Green Light. And who doesn't love to have a dance party in the kitchen? Also consider virtual playdates with friends and family. It's a great way to check in on each other during this time.

Set Aside Some Quiet Time.

- Naps are still important for young kids. Older kids need some predictable downtime, too, especially in a stressful and uncertain time like this.
- You can find lots of great free mindfulness apps and activities online, or read these [tips on how to help your family de-stress](#).
- And to go low-tech, keep a family journal or make a daily list of three things each of you is grateful for. Post them on the fridge or put them in a jar so you can revisit them when you're feeling down or stressed.

Set Scheduled Meal Times and Snack Times.

- Giving in to the urge to eat all day long will just make you and your kids lethargic. And having set times gives everyone a break to look forward to.

Consider Your Needs as a Parent, Especially If You're Working From Home.

- Set up some expectations with your children about when you'll be able to help and when you won't.
- Build into the schedule some activities you know they'll be able to do on their own (and yes, educational TV shows are okay!)
- Be patient with them and yourself while you're getting into a groove.
- Consider your own needs and build them into your schedule. Shower. Prioritize sleep.
- Plan time for each parent to have a few moments to themselves.
- Taking care of yourself will not only help you stay healthy, but it will keep you centered so you can take care of your kids.

Keep Loose But Predictive Afternoon and Evening Schedules.

- If you normally do a bath every two days, stay in that groove.
- If you have a limit on screen time on school days, stick to it, or if you want to expand it, do it in an intentional way so the kids know the rules.

Plan a Routine You Can Stick To.

- Engage your child in making the schedule. This will help them buy into it. Use this handy planner with your family to get started!
- Post your daily schedule, so everyone knows what to expect, and so you can point to it instead of answering constant questions about when something is going to happen.
- If you fall out of your schedule, don't worry about it. Just reset and try again. Make adjustments if you need to.

Source: [Schools Closed? How to Make a New Home Routine...](#)

