

Mindful Moment Volume 6



Routines

By now most people are getting tired of this. Tired of being home, tired of trying to work from home while entertaining children, tired of making 6 meals and 17 snacks a day. I mean what is with the snacking, right? Kids sure love to eat.

Us at Riverside are getting tired too and we long for the sound of the school bell. Some of you may be looking to get more familiarity into your child's day or may be looking to set up a schedule.

Setting a schedule for your children does not have to be difficult or rigid. We've compiled a couple of quick points to help you out.

1. Try to set a difference between weekday and weekend. Try to get children out of bed and dressed by 9am on weekdays (if possible) and then allow a sleep in on the weekend. Some children are early risers, so waking up early is not an issue, which is great. Now we just have to get them out of their pjs. Remember: Pajama day at school only happens once or twice a year.
2. Silent reading or reading time. This should be in the morning and try to aim for 15 or 20 minutes on weekdays. Remember: Children can read books, magazines, instructions, recipes, etcetera. Set a timer and if space allows, have a reading spot with a comfortable chair or pillows.
3. Try to eat meals at 'usual' times, if possible. Most children crave routine and their bellies crave food. Keeping meal times on schedule will help avoid some of those pre-meal breakdowns.
4. Schedule outside play time. Try as much as possible to get children outside daily. We recognize the weather is not always 'nice' but put on a hat and mitts and go! There is no bad weather, just bad gear.
5. Bedtime. As stated previously, from Monday to Friday try to keep a scheduled bedtime. Then on the weekends, allow for a little extra time up.
6. Most importantly remember that it's okay if the kids didn't keep a schedule today or if they ate too much sugar, stayed up too late, watched too much tv, etcetera. We are all trying our best, so just breath and give yourself a break.

Remember that we are all in this together. Stay safe Raptors!

Mrs. Primmer & Mrs. Billard Penney