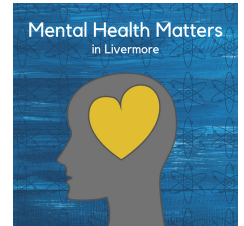


LIVERMORE LEARNS PARENT TIPS



Tip 1: Establish and Maintain a Routine

Why It's Important:

Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. Routines are especially beneficial in times of uncertainty. They help children and other family members respect others' need for quiet or uninterrupted time, including times they can connect with friends virtually.

Tips to Get Started:

- **Consider what needs to be done:** Think of the whole person and family. Start by making a list of everyone's appointments, meetings, classroom "sessions," and work schedules. Placing these items first in a grid with days of the week at the top and times along the side can be helpful to give you an overview of the week.
- **Decide on an order:** While it is important to schedule time for work and schoolwork, it is also important to consider social time, relaxation time, physical activity, and other things that are necessary or important to us. Some people like to schedule things by time, but if this feels too overwhelming, consider scheduling by order of activities, and try to keep a relatively similar order throughout the weekdays. This can also help reduce the amount of questions you may be getting regarding what is happening and when.
- **Allow your child to provide input:** As you are working on your family's schedule, ask your child what they think and what they want added in. This can give them a sense of empowerment while also helping you understand what is important to your child or what they miss most. This can also help support your child's skill development in planning, prioritizing, and time management.
- **Take time to teach the routine:** Most teachers will tell you they spend many of the first days of school teaching school and classroom routines and procedures. A huge part of this is because establishing these well in the beginning actually saves you time later, so you aren't constantly having to revisit issues. Some children may benefit from a visual schedule (pictures or icons placed in the order of activities for the day that can be taken down as items/tasks are completed) or check lists. Reference the schedule or routine throughout the day. As issues come up, take time to talk about what in the routine may need to be adjusted and what worked well.
- **Be flexible:** Sometimes things take longer than we plan, or something unexpected comes up. Or we just need a break. When routines need to change, this is a time for us to model flexibility with our children and being kind to ourselves. We are only humans doing what we can in a tough situation.

