Maintaining Routines

During the Holiday Periods

With the excitement of the Christmas and holiday periods right around the corner, we have compiled several ways for you to best navigate a child-friendly holiday!

1. Start by assessing your families needs and pre-planning your holiday period.

- **Scheduling** – does your family do well with a strict schedule or more loosely-planned travel time?
- **Travelling** – are you travelling or having your friends and family come to you?
- **Time off** – how much time off will each child or family member need from work/school/childcare?
- **Developmental stages** – does your child play independently? How much structured vs unstructured play time should you plan for?

2. Structure daily activities such as:

- Sticking to consistent bedtime and wake up times and also nap times, even if travelling.
- Do your regular nighttime routine as well to best prepare your child to wind down and prepare them for bedtime.
- Set regular meal and snack times.
- Schedule your daily outdoor time.
- Schedule and limit screen time.

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