

# Family Survival 101

## Maintaining Routines for Kids

The fact is, children of all ages crave routine and knowing what to expect. Especially during the pandemic, when it seems like every aspect of our lives has been disrupted, it's important to control what you can and maintain "normal" routines for kids.



Get kids out of their pajamas! Getting dressed every day makes things feel normal.

Try to keep consistent meal times, bed times, play time, and times for doing school work.



Schedule daily face-to-face time (without screens) and virtual visits with friends & family members your kids are missing.

Provide comfort items & experiences such as favorite foods, toys, blankets, TV shows, stories, and games.



Allow kids to have privacy and regular time to themselves.

Post work schedules so kids know when parents will be free to be with them.

