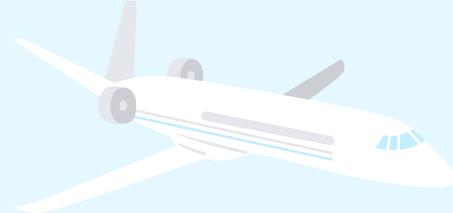


Maintaining Routines DURING THE HOLIDAY PERIODS



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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