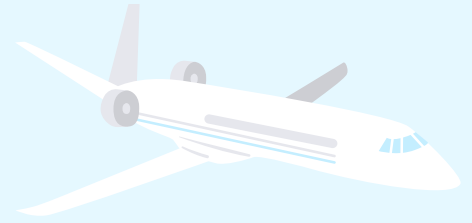


# Maintaining Routines DURING THE HOLIDAY PERIODS



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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