



Dear Counselling Corner:

We had a really fun summer but now both of our children are having a difficult time getting back into the school routine again. We are having meltdowns, poor sleep, non-compliance and my wife and I are feeling exhausted. Can you offer some suggestions to help us find some balance again? Thank you!

Tired Dad

Dear Dad:

Returning to school is a big change. Routines and schedules are really helpful in assisting our children adjust to a different pace of life with new expectations. A schedule is the big picture of the plan of what is going to happen. A routine refers to the steps required to be successful in completing the schedule. When children have routines in place, they tend to feel safer and more comfortable as well as experiencing a greater sense of control in their lives. Schedules and routines help kids to understand what is happening now and what is going to happen next. They can also help children develop positive relationships and increase self-confidence and independence.

How can we get kids to get into the 'routine'? To help our children succeed, try these strategies:

- Use visuals (Easy Daysies is a great resource! <https://www.easydaysies.com/>)
- Review your day plan or schedule at the beginning of each day as well as throughout the day
- Model the routine to your child so that they understand what it looks like. Make it fun!
- Create morning checklists to help your child remember what needs to be done before they leave to school. Try creating after school and bedtime checklists as well.
- Provide positive and descriptive feedback.

Here is a great article I found which discusses the importance of a daily routine:

<https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

Harriette Chang
School Counsellor