



STICKING TO ROUTINES DURING COVID-19

A Guide for Parents



Set up a daily routine

Make a plan with your child that includes a mix of activities that are fun (such as reading, playing outside, hobbies) and activities that give you a sense of achievement (such as cleaning, completing school work, learning a new skill). **Write this plan with your child and display it on the fridge where everyone can see it!**

Sleep early, sleep often

Keep consistent bed and waking times, and stick with a bed-time routine (e.g. having a bath, brushing teeth, reading a story). **School-age children need between 9 and 11 hours of sleep every night.**



Eat well and stay active

Plan to eat a variety of nutritious meals regularly, and create an exercise routine that can be completed at home - set up an obstacle course with the furniture, use some books as makeshift weights, create a scavenger hunt in the backyard. **Eating healthily and exercising regularly helps to reduce stress and to maintain good mental health.**

Don't forget to **stay connected** - ensure that you and your child can talk to friends and family via phone, email and video calls.

Sources: raisingchildren.net.au, Head to Health, Be You

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