Routine! Routine! Routine!

At this time, the most important thing to keep going is your normal daily routine! Don’t be tempted to let things slip. Not only will it be easier for you to return to normal it will give your children a sense of security at this very confusing time for all of us.

C:\Users\Hannahd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\bed 5cm.tif

Get up and out of bed at the same

time each morning.

C:\Users\Hannahd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\dinner 5cm.tif

Eat meals at the same time sitting

at a table.

C:\Users\Hannahd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\get dressed girl - black 5cm.tif

Get dressed every day, no

pyjama days!

C:\Users\Hannahd\AppData\Local\Microsoft\Windows\INetCache\Content.Word\bath 5cm.tif

Have a bedtime routine and go to

bed at the same time each evening.