



Returning to Routine

After Winter Break

After time off, children often need extra support getting back into school, therapy, and home routines. Predictability helps reduce anxiety and increase cooperation.



1. Re-Establish Daily Schedules

- Review morning and evening routines together.
- Use visual schedules to show the order of activities.
- Practice the school-day routine a few days before returning.

2. Talk About What's Coming Up

- Remind your child who they will see again (teachers, therapists, friends).
- Share one predictable part of the day to look forward to (snack time, recess, a favorite activity).



3. Adjust Sleep Gradually

- Move bedtime earlier by 10–15 minutes each night until you return to the normal schedule.
- Keep screens off at least 30 minutes before bed.

4. Prepare Clothing, Backpacks, and Supplies Together

- Let your child help pick out clothes or pack their bag.
- Preview any changes (new clothes, new teachers, changed schedules).



5. Build in Quiet Time

- Returning to structure can be tiring. Provide breaks after school or therapy.

6. Celebrate Small Successes

- A smooth morning, trying their best, or following one step of a routine are all wins worth acknowledging!

