Pointers, Tidbits & Resources

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Back to School Routine!

What is a routine and why is having one important?

A routine is a sequence of actions that you do repeatedly. Having a routine can be helpful in times of unpredictability, uncertainty & stress. Implementing a structure to your day can give you a sense of control. It can also improve your focus, organization & productivity. Better stress levels lead to improved mental health, more time to relax & less anxiety.

Examples of routines:

- Brushing your teeth nightly
- Reading a story before bed
- Taking a shower every day
- Laying your clothes out the night before

Helpful or not, every routine is powerful. Routines put our brains on autopilot, which helps us in situations when our willpower is low. Try implementing a positive routine today!

Kidshealth.org

What is a good bedtime routine?

Winding down at the end of the day can help children sleep well and prepare for school the next day. A good bedtime routine includes relaxing activities, such as:

- Taking a warm bath/shower
- Brushing teeth and washing up
- Cuddling with a parent
- Singing lullabies
- Reading with a parent or individually
- Journaling

Blue light, technology & sleep

Multiple studies suggest that children exposed to blue light before bedtime experience poorer quality sleep. It is thought that blue light suppresses melatonin, the hormone that tells the body it's time to sleep. Much research still needs to be done, but preliminary results indicate that screen usage delays bedtime and overall sleep time.

To avoid potential sleeping difficulties, encourage children to avoid the following in the hour before bedtime:

- TVs
- Computers and laptops
- Cell phones
- Handheld video game devices

Giving up devices before bed might be difficult for some children. Suggest alternative forms of relaxation, such as reading or journaling.

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