

Getting back into school day routines.

As we will shortly be returning to the full opening of schools, it will be best to start getting back into school day routines. What do we mean?

- Getting up in the mornings at the time you need to for school and eating breakfast. Getting dressed afterwards.



- Having lunch between 12-1pm.

- If you have been snacking or grazing, try and limit this to one snack at 10:30am and 3:30am.
- Complete home learning between 9-3pm (if possible with other home learning/working in the household). Between 9-12pm is the preferred time, as in school, that's core subject learning time.
- Having dinner time as it would be on a school day.
- Re-establishing school day bath and bed times and routines.



For further help and advice please try;

Signposting

- **Just one Norfolk – Healthy Child Programme**
- **Early Childhood and Family Service (ECFS)**
- **Text Parent line 07520631590**
- **Sleep East**
- **NHS - Getting Baby to Sleep**
- **Young Minds**
- **Nansa Sleep Service for LD**



Personal hygiene



Care for their internal and external world



Stories help to calm



Sleep Hygiene

A consistent routine is key to supporting good sleep



Cuddles and comfort



Let the child settle. If they are anxious use a night light



Reward or praise the child when they stayed in bed