

Hey Families!

Managing Routines

Having a routine helps us develop good habits that are in line with accessing our full potential. Setting up an expected routine during distance learning is important for your child. FSDB students are accustomed to following routines. Ask your child about his/her routine and use this to create a similar one at home.

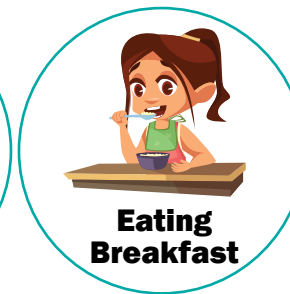
Children Thrive with Structure

Routines help kids feel safe and secure

Routines help kids regulate emotions

Routines teach self-discipline

Routines give us consistency; consistency allows children to focus



Tips

- Set a basic FAMILY schedule that everyone will follow - use tactile indicators
- Delegate household tasks - this is part of building independence
- Keep things developmentally appropriate for your child
- Incorporate planning ahead especially for long-term school projects
- Set expectations that the routine will be followed
- Make time for breaks and fun

Resources

YOU, YOUR KIDS & SCHOOL: Tips for Successful Distance Learning

Practical Homeschooling – Create Routines and Schedules for Your Family

How to Keep Kids Learning When They're Stuck at Home



**Florida School for
the Deaf & the Blind**

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For more information, contact:

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