

# HAPPY NEW YEAR 2018!

## Getting Back into the Routine!

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### Time for Bed!

If bedtimes have been extended over the holidays. Try practicing getting back on track a few days for the return to daily routines. Set bed times 30 min-1 hour earlier each night to get back to regularly set bed times.



### Bedtime Routines

Just like the hour, children do best with cues to let them and their bodies know it is time for bed! Get back in the habit with the bedtime routines: Bath/ Shower, Getting PJ's on, brushing teeth, and reading together at night! A kiss goodnight and time for sleep. Being consistent with the nightly routine will allow for bedtime success!



## Back to the Routine

We all love the holiday fun and special times with family and friends, but eventually, we have to get back to our daily routines. We have some tips this month to help you successfully get your family back into the groove!

### *There is an app for that!*

Here a list of apps that may help with getting back into routines and organization for the New Year!

**The Happy Kids Timer**—Help kids keep track and complete their morning routine

**Wake Up Mo**—Wake up to a story that helps get the morning routine done with fun!

**Choiceworks**— Help kids learn about three life skills: schedules and task completion, waiting, and dealing with emotions.

**myHomework**—Great for older kids to organize homework tasks and stay on track with completing projects.



## Tips for Daily Routine Success!

- Mark your calendars to let children know of the upcoming events and changes. Mark each day to count down to school or tasks that will be back in the routine.
- For children that need more assistance with routine, set up a visual schedule that includes a special picture for each daily task such as: Getting up, Getting dressed, Brushing hair, Greeting others in the morning, Eating breakfast, and other routine daily activities.
- Get ready the night before. Just like back to school time in the Fall, get kids back on track by doing tasks the night before. Work together to pick out clothes for the next day, pack the lunch and snacks, and get backpacks ready. Set needed items by the door to start the next day organized and ready to go!



## The Winter Blahs



Changes in routine, along with gloomy weather, can contribute to changes in mood for you and your child. Most of us get less exercise, less sleep, and eat more junk foods as we celebrate the festivities of the season. These changes impact our body's rhythm and the unpredictability can upset our mood regulation.

Small changes in mood like more irritability and less desire to do activities can be normal this time of year. Typically, getting back into a routine, exercising a little more, and keeping a consistent sleep schedule will improve mood as winter moves along. More significant changes in mood and functioning, however, can indicate a mental health problem. Symptoms such as lingering difficulties with sleep onset or maintenance, a change in appetite, a lack of desire to participate in fun activities, and low energy that interferes with the completion of daily tasks such as showering and doing homework may indicate struggles with depression.

Don't be afraid to check in with your family's healthcare provider if you have concerns about mood. If your child does need the support of a mental health provider, the wait for a qualified professional can be long so check with your doctor as soon as you are concerned.

