

Key Messages – for children who cannot be in school

Although usual avenues of support are not available at this unusual time there are a number of things that can be done to help limit challenging and difficult behaviour. The principles are the same for children with Special Educational Needs and with children that are developing normally. The principles are:

Help wellbeing and behaviour with

Daytime Routine with Daily Timetables

Good Sleep Behaviours with Sleep Tips

These are needed both during the day and also to help with sleep at night.

Daytime Routine

Children and young people usually feel happier when they know what is happening next. Anxiety levels can go up if there is no structure. Making a timetable with or for your child can be helpful. The basic timetable can be adapted depending on age.

- **Wake up at the same time each day**
- Make bed and Get dressed
- Eat Breakfast at the same time each day
- When making a timetable you can **start by putting in meal times**
- **Exercise** (At least twice per day)
- School work, reading, puzzles
- Creativity or playtime (Not electronic)
- (Chores) – depending on age. Even small children can be given responsibilities
- Screen time (Recommendations are no more than 2 hours and less for younger children – Screen time for school work needs to be considered separately)

Sleep

Having a good daytime routine can help with sleep. Other helpful aspects include

- **Wake up at the same time each day and get dressed**
- Don't use the bed during the day
- Don't sleep during the day
- Get outside into the daylight – especially in the morning
- Mealtimes must be at the same time
- Stop using electronic items 1 hour before bed (Remove all of these from the bedroom)

Example Timetable

(Time and activities can be altered to suit you or your child)

| TIME | ACTIVITY TYPE | IDEAS |
|-------------|---|---|
| Before 9am | Wake up and <i>breakfast</i> | Eat breakfast, make bed, get dressed |
| 0900 - 1000 | Exercise | Outside if possible. Family walk |
| 1000 - 1100 | Brain time School work, puzzles, reading | NO ELECTRONICS e.g. sudoku |
| 1100 - 1200 | Creative Playtime | Lego, drawing, crafting, play music, cook and bake |
| 1200 | <i>Lunch</i> | |
| 12.30 | Chore time Even small children can be given a responsible job | A – wipe all kitchen tables and chairs B – wipe all door handles, light switches and desk tops C – wipe bathrooms sinks and toilets |
| 1.00 – 2.30 | Quiet time | Reading, puzzles. No Electronics |
| 2.30 – 4.00 | School work | Electronics OK |
| 4.00 – 5.00 | Afternoon fresh air | Bike/scooter, walk, play outside |
| 5.00 – 6.00 | <i>Dinner</i> | |
| 6.00 – 8.00 | Free TV time | |
| 8.00 – 9.00 | Quiet time | NO ELECTRONICS |
| 9.00 | Bedtime | Good Bedtime routine |

EXERCISE examples.

Walk around the neighbourhood or to the park

Making dance routine

Hopscotch

Skipping – There are lots of tricks that can be done with a skipping rope

Throwing and catching a ball

Juggling

Keeping football in the air

Throwing balls/beanbags/cuddly toys into laundry basket or bucket

Bike ride

Running

Exercise APPS and videos

Fun races to also help with difficult activities – Brushing teeth relay race, hopping race, backward race, jumping race

Make your own circuit training

Wii exercise

Creative Playtime Ideas of what to do with your children!

Learn a craft; finger knitting, sewing

Make slime,

Make play dough

Papier mache

Make paper chains/ house decorations

Plant some seeds

Write a letter/ make a card for an elderly person who is isolating

Learn to cook from scratch

Make an obstacle course around the house and time the children as they do it

Learn to touch type

Learn to play the piano on app

Watch a documentary; history/ nature

Learn a language

Take up a daily exercise programme on you tube