

Student's Homebound for coronavirus: Create an effective family routine that will limit chaos and help you keep your sanity.

Here are some thoughts to consider before you get started on creating a schedule that will allow to get done all that you need to do :

1. For most people the answer to chaos is developing a structured routine
 - a. (create a routine that realistically meet your goals/or expectations for each day).
2. Learning is most effective when there is some order outlined in daily life.
3. Creating a schedule with daily tasks including meals and outdoor breaks ensures that you avoid the direction of "no -work- and- all-play".
4. Create a quiet space and lock in a block of time that allows you to focus/study. This step will foster your ability to study successfully at home.
5. A structured schedule eliminates wasting time
6. Maintaining a sense of familiarity/consistency is comforting in times of uncertainty.
7. Keep in mind that routines are a work in progress and at times need to be adjusted/reevaluated to suite the needs of the entire family (remember to make room to be flexible).

Here are some helpful strategies to consider as you create your family's schedule during this time when many family members find themselves homebound together for many hours. Modify the schedule to allow for childcare including a block of time for their studies.

1. **Wake- up Time** - decide on a time that works for the family and stick to it.
2. **Breakfast**
3. **School time**- virtual learning (decide on blocks of time, i.e. (11am-12pm , 1pm-3pm)

3. **Lunch-** (12pm-1pm)

4. **Screen time-** connecting with instructors via email, communicating with your child's teachers over the phone or via internet.

5. **Household chores**

6. **Break:** go outside take a walk , walk the dog, if there's little kids in the home go outside and play tag or play catch.

7. **Decide on a "Quitten time"** (i.e. 5:30pm)

Take this opportunity to create your weekly schedule. Create a "*New normal***" for the time being that will bring you peace of mind and comfort. Check-in with family members to see how the schedule is working for them and allow time for feedback (adjust where you can). Also, use this time to eat meals together, I bet you'll learn things about each other you never knew. Below is a sample of a schedule: (**review and use what works for your family**)

Place weekly schedule in a place that everyone can see to remind them of daily tasks. For example, a refrigerator is a good place to display a family schedule.

<u>The Weekly "New Normal" Schedule:</u>	
By 8:30am	Wake-up- get ready for an awesome day (yes, get out of your pj's)
9:00:00am-10:00am	Breakfast
10:15am-11:15am	Morning walk(use this opportunity to breath/relax)

11:30 am-1:00pm	Study time
1:00 pm- 1:30 pm	Break time- (go outside/have a snack)
1:30 pm-3:00 pm	Study time
3:15 pm-5:00 pm	House chores (meal prep, laundry, dishes)
5:00 pm-6:00 pm	Dinner w/family
6:15 pm-6:45 pm	Screen time/family time
7:00 pm	Bath time/story time
8:00 pm	Bedtime/child
9:00 pm-10:30 pm	Free time
11:00:00 PM	Bedtime

