

**Welcome!  
We will begin shortly.**

**As we're waiting, please post in  
the chat box:**

- **your zip code**
- **number of children**
- **schools they attend (add if  
you have any pre-k too!)**

# **Parent Support: How to Navigate Challenging Time Structure & Routines!**

*MICHAEL SWISHER  
PARTNERSHIP FOR CHILDREN, YOUTH, & FAMILIES*



DEPARTMENT OF  
HUMAN SERVICES

Child and Family Services Division



@apcyf; [www.apcyf.org](http://www.apcyf.org)

# WAKING MY KIDS



## Parent Support: How to Navigate Challenging Time Structure & Routines!

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# Structure

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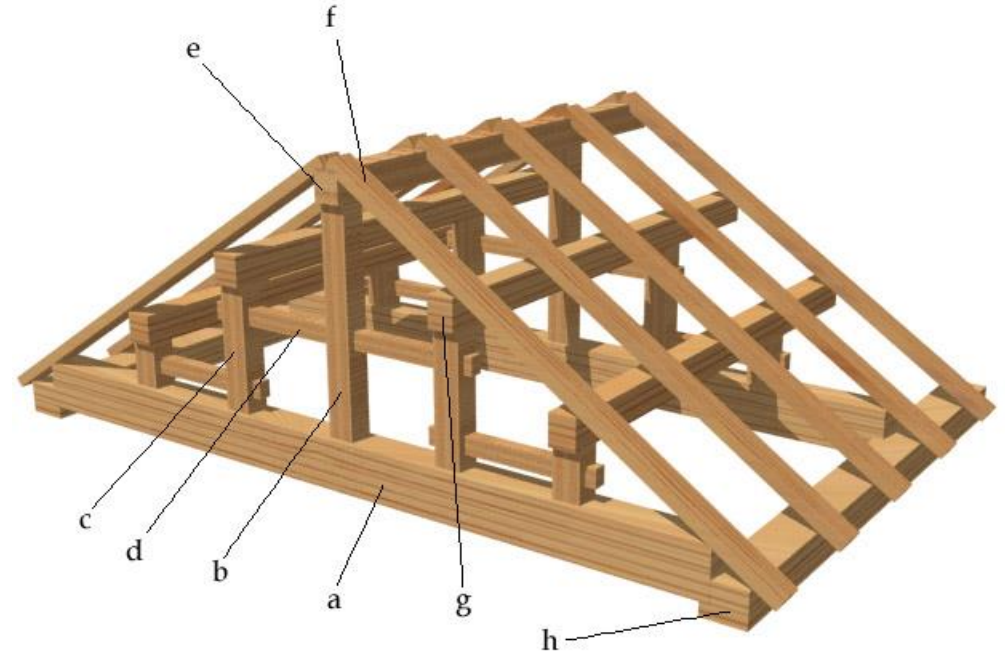
A solid foundation for discipline



# STRUCTURE

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Routines & Schedules (time)  
Home Organization (space & stuff)  
Expectations & Limits



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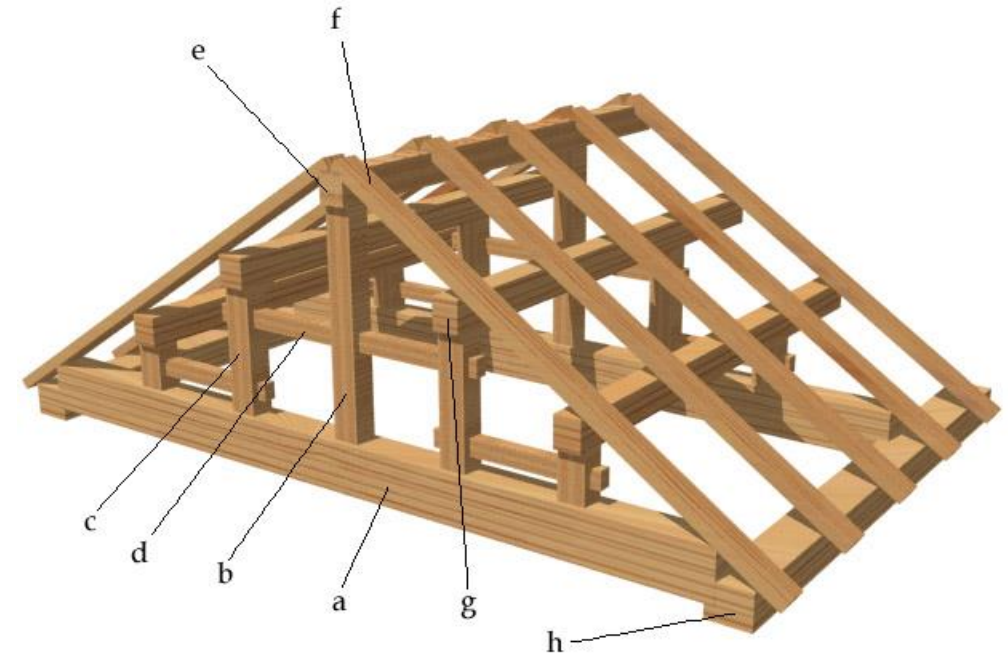
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# Building Routines at Home

MORNING Routine for WILMA

Morning / Afterschool / Night

Child's Name

6:45	GET UP USE BATHROOM WASH FACE
6:55	M... CLOTHES
7:05	M... C... P... T! N...!
7:15	BRUSH R
7:25	LUNCH IN BACKPACK CONT ON SHOES ON
7:30	OUT THE DOOR TO THE BUS!

**My Daily Routines**

BEFORE SCHOOL	AFTER SCHOOL	BEDTIME
<ul style="list-style-type: none"> <li>go potty</li> <li>wet towel/foot</li> <li>make lunch</li> <li>make bed</li> <li>brush teeth</li> <li>get dressed</li> <li>comb hair</li> <li>practice handwriting</li> <li>practice guitar</li> <li>pack backpack/hat &amp; folders</li> <li>pack backpack for next day</li> <li>get to school!</li> </ul>	<ul style="list-style-type: none"> <li>hang up backpack</li> <li>hang up jacket</li> <li>put away shoes</li> <li>clean out lunchbox</li> <li>wash hands</li> <li>snack</li> <li>free to bike time</li> <li>activity</li> <li>eat dinner</li> <li>homework</li> </ul>	<ul style="list-style-type: none"> <li>take a bath/shower</li> <li>brush teeth</li> <li>comb hair</li> <li>practice</li> <li>put out clothes for morning</li> <li>read</li> <li>go potty</li> <li>lights out</li> </ul>

WORK HARD. Play Hard. Do Your Best.

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# Building Routines at Home

AFTER Morning / After

<p>Weekly Home Blessing</p> <ul style="list-style-type: none"> <li>Change Bed Sheets</li> <li>Empty Bathroom Trash</li> <li>Wash Mirrors</li> <li>Dust</li> <li>Vacuum</li> <li>Mop</li> </ul>	<p>Daily Health Routine:</p> <ul style="list-style-type: none"> <li>Weigh</li> <li>Water Bottle 1</li> <li>Water Bottle 2</li> <li>Water Bottle 3</li> <li>Water Bottle 4</li> <li>Exercise</li> </ul>	<p>Supper Menus:</p> <ul style="list-style-type: none"> <li>Sun - Pork Chops</li> <li>Mon - Baked Chicken</li> <li>Tues - Bacon Cheeseburgers</li> <li>Wed - Beef Stew</li> <li>Thurs - Leftovers</li> <li>Fri - Pibs</li> <li>Sat - Chicken Enchiladas</li> <li>Sun - Leftovers</li> </ul>
<p>Daily Chores:</p> <ul style="list-style-type: none"> <li>Laundry 1</li> <li>Laundry 2</li> <li>Dishes</li> <li>Sweep</li> <li>Blog Post</li> </ul>	<p>GMG Study</p> <ul style="list-style-type: none"> <li>Mon - Exodus 11</li> <li>Tues - Exodus 12</li> <li>Wed - Exodus 13</li> <li>Thurs - Exodus 14</li> <li>Fri - Exodus 15</li> </ul>	<p>Big Brother's Jobs</p> <ul style="list-style-type: none"> <li>Clean Bedroom</li> <li>Laundry</li> <li>Set the Table</li> <li>Wash Cups</li> <li>Piano Practice</li> <li>Drink Water</li> </ul>

BARNEY

SCREEN HOUSE CHORE

SCREEN TIME 20 MIN

HELP WITH DINNER

SET TABLE FOR DINNER

# Routines!

What do your kids need to do...

Mornings? Afternoons? Evening?

**ALL DAY LONG?!!**

Get up at \_\_\_\_\_?  
Use the bathroom  
Wash up/Bath/showers  
Put on clothes  
Eat meal/snack  
Clean up after meal/snack  
Brush teeth  
Comb hair  
Pack backpack for school  
Put on shoes / coat

Put the door by \_\_\_\_\_?  
Get home from school by \_\_\_\_\_?  
Put away shoes / coat  
Empty backpack  
Empty Lunchbox  
Wash hands  
Homework  
House chore \_\_\_\_\_  
Make bed / Rid room  
Set table  
Help with dinner

Pet Care  
Sibling Care  
Time with parent  
Reading  
Play (outside? Online/video?)  
Screen time (\_\_\_\_\_ mins)  
Pray  
Pack lunch  
Lay out clothes for tomorrow  
In bed by \_\_\_\_\_



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# Structure – what do you want for YOUR Family?

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Academic/school time

Exercise

Social Time

Reading

Family Fun

Chill/Quiet time

Chores & Housekeeping

Personal Care

Creative Time

Worship/prayer/meditation

Social Time

Meals



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*for Children, Youth & Families*

Connect with Kids-  
It only takes a minute.

[www.apcyf.org](http://www.apcyf.org)



# COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

# The reality

## COVID-19 DAILY SCHEDULE

Before 9:00am	Tablet
9:00-10:00	Refuse to eat anything
10:00-11:00	Fight Ask for snacks
11:00-12:00	Torture the dog
12:00	Beg for a play date
12:30PM	Eat everything
1:00-2:30	Fight
2:30-4:00	Beg for a play date and scream "I'm so bored"
4:00-5:00	Tablet
5:00-6:00	Refuse to eat anything
6:00-8:00	Refuse to take a bath
8:00	Bath / refuse to get out of bath
9:00PM	Can't go to bed because "I'm starving"

Why

# COVID-19 DAILY SCHEDULE

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# DAILY ROUTINE

Busy Toddler

## Wake Up

- 7:30 am Greet kids, clean kid bedrooms
- 8:00 am Breakfast / Screen time
- 9:00 am Clean up / Free play
- 9:30 am Easy activity or school work
- 10:30 am Snack
- 10:45 am Outdoor play
- 11:15 am Read aloud
- 11:30 am Free play
- 12:00 pm Lunch
- 12:30 pm Clean up / Free play
- 1:00 pm Nap time / Quiet time

## UNION BREAK

- 3:00 pm Snack
- 3:15 pm Easy activity
- 3:45 pm Outdoor play
- 4:15 pm Read aloud

## Helpful Tips

- Set your alarm: shower before the kids wake up
- Break the day into small chunks
- Let kids help with housework
- Use their current school schedule as your framework

## Don't forget

- Do morning or afternoon bathroom
- Rotate puzzles, board games & art supplies as play options
- Head to @busytoddler and busytoddler.com for activities

## Remember

This is SURVIVAL MODE. It's not going to be perfect. Do your best. Cut yourself slack. Cut it out. This isn't a competition.

# Structure - Routines

Your turn!

You can find these tools at [www.apcyf.arlingtonva.us](http://www.apcyf.arlingtonva.us)



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## Building Routines at Home

Routine for     

Morning / Afterschool / Night	

## Building Routines at Home

Use the list below to help you identify activities or tasks kids do regularly

### Personal Care

- Use the bathroom
- Wash up/Bath/shower/teeth & hair
- Put on clothes
- Bed Time: \_\_\_\_\_

### Meals

### Academic/School Time

### Exercise

### Chores & Housekeeping

### Worship/Prayer/Meditation

### Creative Time

### Chill/Quiet Time/Reading

### Family Fun

### Social Time

### Free Choice

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

**Morning tasks & activities that should happen**

- Wake up time: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Afternoon/Afterschool tasks & activities that should happen**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Evening tasks & activities that should happen**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Bed time at: \_\_\_\_\_



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# Structure - Routines

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**Priorities** – Which are the primary activities in your home?

**Level of Structure** – Blocks of time? Amount of time? Strict schedule? List?

**Who** comes up with it? Who is it for?

**How** do we get going?



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# Contact Information

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