



# School's Out? The #1 Strategy to Reduce Stress and Maintain Routines!



Winter can bring mixed feelings for parents: excitement and overwhelm.

The break from structure and routine, combined with fewer activities, cold weather, work demands, constant screen time, and frequent sugar highs, can create stress, and arguments that leave you counting down the days until school starts again.

Your child spends about 30 hours per week at school following routines supported by **visuals** and **sounds**. These familiar cues can help your child (and you) feel calm, confident, organized, and successful during breaks.



Common School Cues

**Visual Cues:** Schools use posted schedules, picture charts, and To-Do lists (like SmartBoard displays) to show kids what's coming next.

**Auditory Cues:** Timers, bells, claps, and chimes signal when activities start, stop, or how long they last—tools your child already relies on every day.

## Reduce Stress and Maintain Routines by Making Time Visual and Predictable

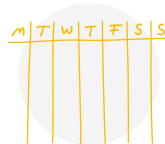


### Preschool & Kinder:

Keep it simple! Use short, clear directions:



*"First we'll eat breakfast, then you'll watch a movie while I take a call!"*



### Readers:

Write a morning schedule on a whiteboard or paper and put it on the fridge!



*"check the board!"*



### Use All Senses

Use tools like YouTube, Alexa, or the length of a favorite song, podcast, or show to signal transitions. These fun and familiar auditory cues make changes smoother and more engaging for your child.

### You Got It!



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