



Helpful Ideas to Promote Positive Parenting!

Family Routines/Activity Schedules

Setting up a family routine or a daily activity schedule can help keep children happy and increase good behaviour as it gives them structure to their day!

When a child has structure there is less guesswork for them as they know what they are going to be doing.

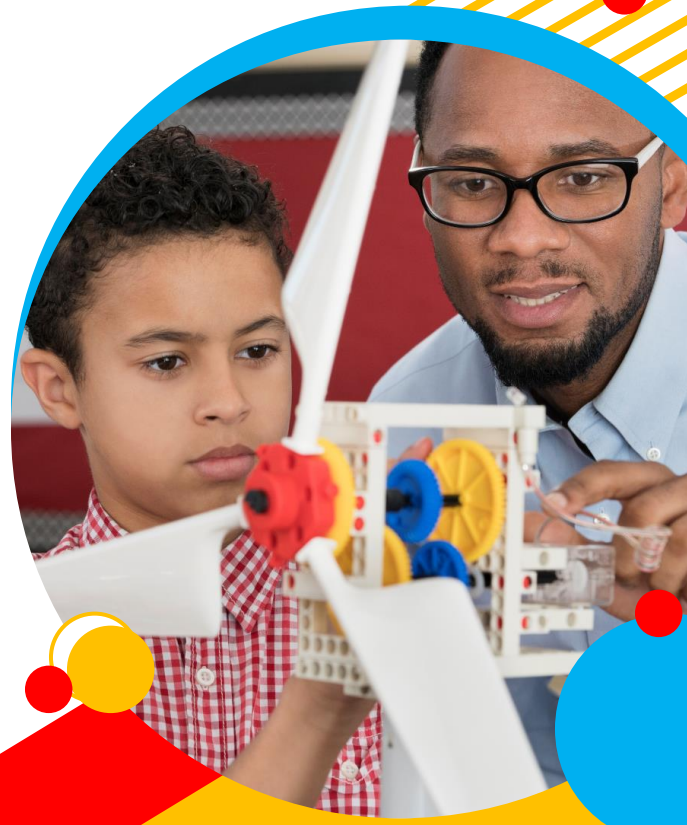
Things to remember

Be flexible:

The timelines in the schedule are a guideline, if an activity is going well you are always welcome to do it for longer than you planned.

Don't stress if sometimes it doesn't go well:

Ask yourself → what went well, what was tricky, and what can I change and do different next time?





Here are some examples

COVID-19 Daily Schedule for kids

@thedenverhousewife

Before 9am	Wake Up	Wake up, eat breakfast, make bed, get ready for the day
9-10am	Free Time	Watch TV, Ipad, Play Games, ect
10-11am	Outside Time	Take a walk, play in the yard or walk dog
11-12am	Creative Time	Art projects, Slime, Coloring, ect
12-12:30pm	Lunch	
12:30-1pm	Chores	Do appropriate chores
1-2pm	Quiet Time	Read, Puzzle, Nap, or color
2-4pm	Academic time	Educational Games, Math, Online education, Science Project, Writing
4-5pm	Outside or Play Time	Go outside to ride bikes or play in the house
5-6pm	Dinner	
6-9pm	Free time until bed	Free choice time, fam Movie Take showers/ready for bed



- Please note that there are many different activity schedules that can be found online → Pinterest is a great resource that contains both activity-based routines as well as academic routines.
- Please feel free to modify your schedule so it fits your child's needs and any academic suggestions that are sent home by their teachers. Here is a link to a blank schedule:

<https://www.pinterest.ca/pin/497577458813387361/>

Pacekids Programs

NORTH LOCATION - 808 55 Avenue NE, Calgary, AB, T2E 6Y4
 SOUTH LOCATION - 130 23 Sunpark Drive SE, Calgary, Alberta, T2X 3V1
 Office 403.234.7876 | Email info@pacekids.ca | Web pacekids.ca