

Parent Talk

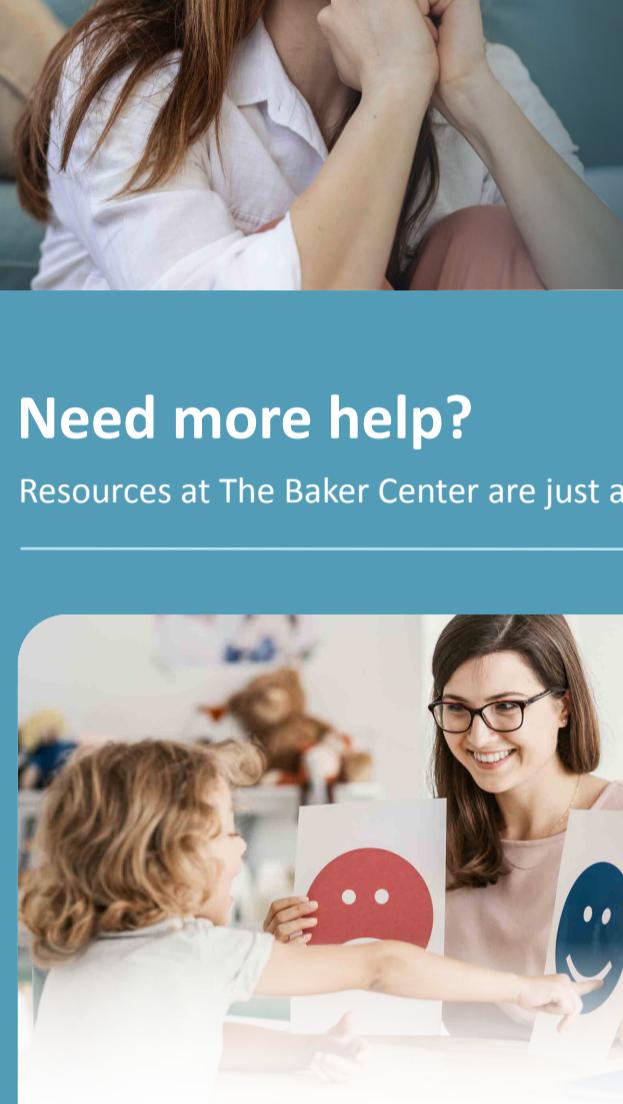
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Reestablishing Routines

As families are transitioning back into regular routines after the holidays, it can feel chaotic. You may be finding it harder to get kids ready for school or even find your own schedule thrown off. In this edition of Parent Talk, we'll cover some easy tips you can implement to help get things back on track.

Start Simple

Start off with small adjustments to make the change back into a routine a little easier. Have an emphasis on simple and consistent habits like making sure your kids are going to bed at the same time every night, having meals at the same time every day, or allowing the same amount of screentime at the same times each day.



Use Tools

Tools and technology can make settling into a routine much easier. Use things like schedules, calendars, and reminders on phones to help you adjust yourself and your family. Mark key times or dates so you can remain consistent and plan ahead for the unexpected.



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