

Parent Talk

JANUARY 2026

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.



Practice Makes Perfect

Use the first week or so of a new routine for practice. Provide clear expectations for your kids upfront and demonstrate how a routine works before it actually starts. Try taking them through what a normal day in a new routine might look like and practice each of the steps along the way like getting up, brushing teeth, eating breakfast, getting dressed, and packing up school supplies.

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.



Have Grace

And if things don't go according to plan, that's okay! Getting back into a routine isn't easy. The first few weeks are usually the most difficult time and can feel chaotic and out-of-control. That's a normal feeling. Have plenty of grace with yourself during this time and just stick with. Many other caregivers are going through the same thing and there's no shame in it!

Need more help?

Resources at The Baker Center are just a click away



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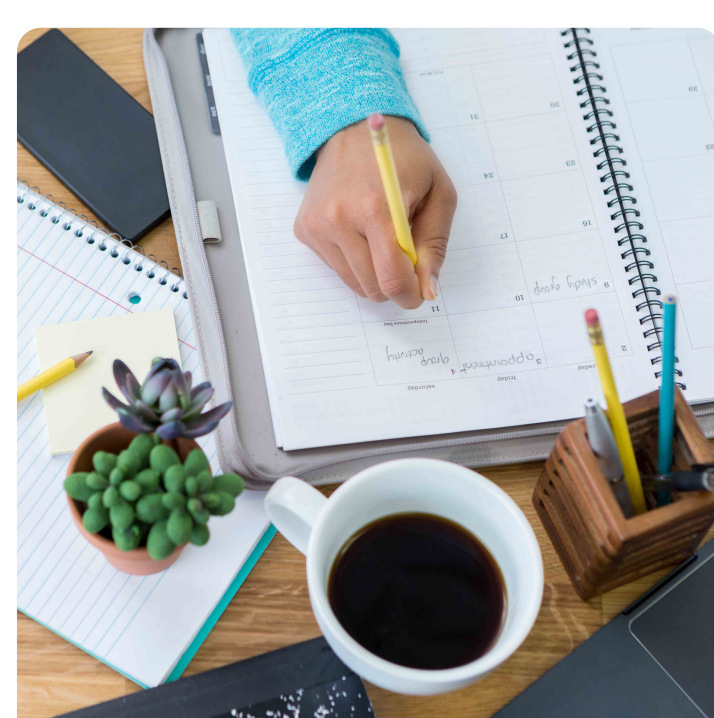
Featured Resources



Developing Executive Functioning Skills

In this seminar, we'll discuss the importance of executive functioning skills, how to notice and address deficits in executive functioning, and effective interventions for developing executive functioning skills.

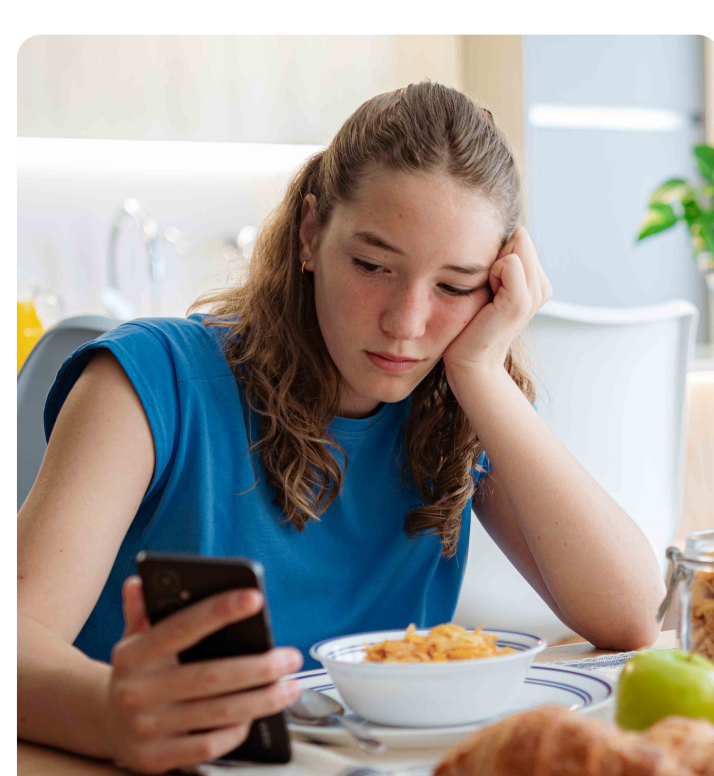
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What Is Executive Function?

Overall, executive function is the process through which we can set and achieve goals, often while managing competing demands. Not only do these skills help individuals with making plans, meeting deadlines, and achieving goals, but they also help manage and regulate emotions. Through research, we know that having strong executive functioning skills can improve both mental and physical health.

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Executive Function Challenges and Evidence-Based Approaches to Help

The frontal lobe in the human brain, and specifically the prefrontal cortex, is responsible for managing executive function. Research has shown that anything that damages the brain tissue of this area can impact an individual's executive functioning skills, but damage to the prefrontal cortex is not the only cause of executive function challenges.

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