

# Four Strategies to Help

## Your Child Cope with Disruptions to Routine

**1**

### Keep what you can the same

Try to maintain a similar schedule day-to-day, keeping things like the morning routine, bedtime, and screen-time limits predictable.

**2**

### Use visual supports to communicate the new routine

Create a visual schedule or visit [allplaylearn.org.au](http://allplaylearn.org.au) to get a copy of our free downloadable home schedule cards.

**3**

### Get active

Engaging in physical activity can provide an opportunity to connect with family, broaden a child's range of interests, increase motor skills, and have positive impacts on social-emotional development.

**4**

### Remember to breathe

Spend a few minutes of each day doing simple relaxation exercises. Check out our relaxation breathing script over at [allplaylearn.org.au](http://allplaylearn.org.au)

