Tips for caregivers:

- **Routine is important!** It helps children and teens establish expectations, and feel more comfortable, safe and in control.

- **Consistency is key!** You can create consistency most easily with wake up/sleep times, as well as meal times.

- **Incorporate your child’s feedback** into the schedule through appropriate choices for play time, creative time, quiet time, etc.

- **Be flexible** when creating a schedule. Expect some trial and error, especially at first.

- **Try to include exercise/outdoor activities** every day, as well as 1:1 time with your child. Use these opportunities to explore your child’s coping skills and emotions.

- **Be kind to yourself.** Set reasonable expectations and be sure to take time to practice self-care.

---

Your school district might be converting to distance learning, which may have you worried about how to create a school routine at home. Inova Children’s Hospital has some useful tips, as well as a sample school schedule to help you get started.

---

**Creative time** is a great opportunity for your child to offer input on what to do.

**Cater times to your needs as well.** Let your child go outside alone, if appropriate. If you need your child to be inside, encourage quiet time, which can include an activity of choice.

---

For more information please visit [inovachildrens.org](http://inovachildrens.org)