

Preschool through 1st grade

Use a picture schedule

- see example at www.azevedofamilypsychology.com/resources

Follow the child's lead for scheduling.

They like to go to sleep earlier and get up earlier.

Academics work best in the morning for this age group.

Don't forget nap time!

Play time is equally important as academics.

Give them time outside and time for them to move around. Play is a great way for them to learn to entertain themselves.

2nd through 5th grade

Use a written/word based schedule.

Interspace academic work and physical activity, art, or music.

*It will help your workday if you go outside and play with the kids too.

Consider adding chores into the afternoon schedule.

*30 minutes is a good amount of time for chores.

If you do not want to use time for chores, allow the kids free-time to play.

Outside is always the better option, but screen time is not the worst.

Online may be the only way they can connect with friends!

Middle and High School Students

Use a written schedule

Intersperse academic work with physical activity, art, or music.

It will be a little heavier in academics as the age increases but don't lose track of some physical expression time. It helps with concentration and retention.

Consider some chores (1 hours' worth) in the mid-afternoon or later in the early evening.

Helping with cooking is a great way to both prepare them for their launch from the familial home, integrate some math and science skills into practical application, and learn a basic activity of daily living – food prep and cleanup.

Play time! Outside is better; screen time is not the worst. It may be the only way they connect with friends.

High Schoolers may need some extra help in dealing with losses. Being with their friends is very important at this age. Social distancing makes that difficult or impossible.

If it is their senior year, they may be mourning the loss of senior prom, last season of a sport, the spring play or musical performance, perhaps even a graduation ceremony.

They will certainly be missing the creation of memories with friends in these months before going on to college or the workforce.

Create time to talk about this or to have them express it creatively in poetry, music, art, or drama.

College Students

Use a written schedule to clarify expectations between them and you.

Let them lead to the degree that they can with scheduling.

Help them fill in the blanks as needed.

They may not like being home, away from friends, and with significantly less freedom than they were experiencing.

Negotiate expectations about how everyone will live and work together.

This is likely more important if there are younger kids in the home also struggling with a schedule and activities.

Help your college student understand they are setting an example for the younger children.

College seniors may also be having some extra stress about being able to fulfill graduation requirements, missing last opportunities for interactions with friends who will move away after graduation, and increased stress about the transition from college to working.

Allow them space to process their feelings and offer support to the best of your ability. Creating a private space so they can talk to friends online can be very helpful in allowing them some degrees of freedom from the other family members.