



Aster Family Support has created a suggested daily routine that may help our families during this difficult time.

This is just for guidance. Feel free to use it as you wish, to suit your family.

Stay safe, wash your hands and follow HSE guidelines.

We are here to support you. You can contact us through your Family Support Worker's mobile number, or by email.

Talk to you soon,

The Aster Team ☺



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## Family routines to keep the children focused during these difficult times

At this stage we are all feeling the strain of not been able to get out to school, work and moving around as freely as we are used too.

- If we get the children up early every morning and stick to the same bed time routine as normal this will help your children & family stay in their healthy sleep patterns.
- Children need 11 to 12 hours sleep each night to stay focused and concentrate.
- Keeping a healthy mind will help keep our natural endorphins flowing the way mother nature intended.

### Start Each Morning with an Affirmation

*“Both my family and I are healthy happy and safe” this affirmation can be used each day by repeating this each day over and over to an embrace positive*

**9.00am**



- Get everyone in the house up even the teenagers we need to treat each day like no other. Get everyone up washed, dressed and down for breakfast.



- Bearing in mind that we don't need screens at this hour of the morning. Ask yourself would you normally allow the children to be distracted by screens on a school morning?
- Especially since you will have a bit of extra time on your hands. **Use the screen time as reward for positive behaviour.**



- If you have access to outside space take the children outside for some fresh air even if it is just for 20 minutes at a time.
- This will help stimulate the brain and release our natural endorphins with a healthy flow of positive energy.
- Exercise is the best way to stimulate the mind, we want to get the children into a frame of mind where they can focus to sit down to complete the school work that has been sending home.

## Ideas for Games

**Jumping, Obstacle  
Course, Skipping,  
Hopping, Hide and Seek,  
Running Races, Treasure  
Hunts**

- It is a fun way for all the family to spend time together.
- These will also encourage turn taking skills while supporting the children's communication between each other.
- It will burn off energy during the day and support stimulation which will help concentration in preparation to enable the children to focus to do the work the school has sent home.

# PHYSICAL ACTIVITIES FOR KIDS & ADOLESCENTS

MODERATE-INTENSITY

COACHART



## AEROBIC ACTIVITIES

### Preschool-Aged

- Running, such as tag, follow-the-leader
- Playing on a playset
- Tricycle or bicycle riding
- Walking, running, or playing jumping jacks
- Playing games that require catching, throwing, or kicking a ball

### School-Aged

- Brisk walking
- Bicycle riding
- Soccer, volleyball, softball, tennis, swimming, dancing, basketball
- Playing games that require catching and throwing, such as baseball and softball

### Adolescents

- Brisk walking
- Bicycle riding
- Biking, swimming, dancing
- Games that require catching and throwing, ie. baseball / softball
- House and yard work, such as sweeping or pushing a lawn mower

## MUSCLE-STRENGTHENING ACTIVITIES

### Preschool-Aged

- Games such as tag or war
- Resistance exercises
- Climbing on playground equipment

### School-Aged

- Games such as tag or war
- Resistance exercises
- Soccer or flag football
- Games that require catching and throwing, such as baseball and softball

### Adolescents

- Games such as tag or war
- Resistance exercises
- Some forms of yoga
- Weight machines and hand-held weights

## BONE-STRENGTHENING ACTIVITIES

### Preschool-Aged

- Hopscotch, jumping jacks
- Jumping rope
- Running
- Gymnastics

### School-Aged

- Hopscotch, jumping jacks
- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction, like basketball, soccer, tennis

### Adolescents

- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction, like basketball, soccer, tennis



Sources:

- [1] [health.gov/pagelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/pagelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)
- [2] [kidshealth.org/parents/active-kids.html](https://kidshealth.org/parents/active-kids.html)
- [3] <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/elements-of-exercise/>

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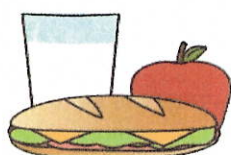
## Schoolwork



- Homework ideally should take about 20-30 minutes max.
- Since we are at our best first thing in the morning it makes more sense to get the homework/schoolwork done and out of the way the children don't have it hanging over them all day.
- Once this is done this will leave more time for fun activities.
- It is best that you have a set time each day for the school work at least the children we feel like they still have a sense of routine and structure. This routine & structure will give the children a feeling of security and enable them to focus.
- Have all the children sitting down at the table at the same time otherwise this will just cause distractions and the routine won't work.

<https://www.twinkl.ie/resources/roi-resources/school-closure-republic-of-ireland>

## Lunch



- If you are a family who is struggling with a healthy eating plan now would be a great time to get the children to help you in the kitchen.
- Get the children to preparing lunch with you, try new food give praise for trying the new foods even if they don't eat them all.
- This is our time to just slow down and breathe while spending time with our children and loved ones.
- As parents we are our child's biggest teachers in life, most of the skills we have come from our parents and the home environment.



- So whether it be learning to cook, prepare food, washing the dishes, tidy their rooms and learn to make a bed. Now is a great time to introduce all of these lifelong skills.
- **Please follow the link below to get some ideas for healthy eating for children and adults.**
- <https://in.pinterest.com/pin/560346378637606302/>
- <https://in.pinterest.com/pin/262405115775530881/>
- <https://in.pinterest.com/pin/232287293267116425/>

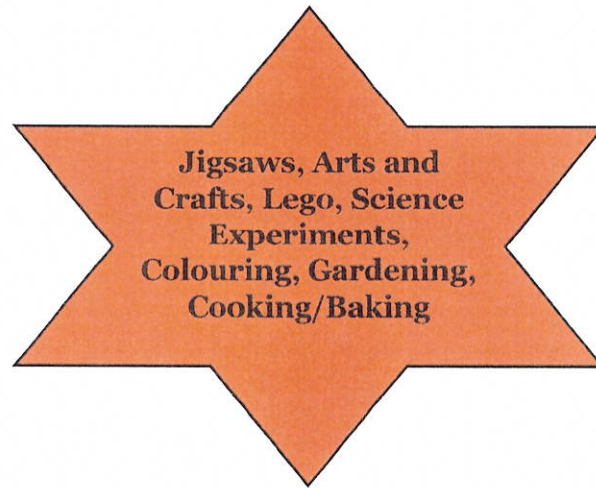
Above are some food tips from healthy lunches for picky eaters all this can be found on Pinterest.

## Afternoon Activities



- Children love messy play, painting, water play and sand these are great ways that children can have fun it is also very therapeutic and will keep them entertained for hours.
- Colouring books, colouring pencils, scissors and gluing are great also good for working on fine motor skills.
- These take things back to basic slowing things down and just enjoying this time with your family.
- Try get the children to take part in as much of the above activities as possible but one of the key things to remember is to hold off on screen time until the late afternoon
- By the age of eight years of age children understand what is the right and wrong behaviours, stick to your reward charts as well.
- This is another art activity that can be done with the children get them to design their own reward charts.

## Ideas for Afternoon Activities



## Simple Playdough Recipe



Paint, cooking oil, water flour and salt to preserve in the fridge for a few days, ensure to put into a container otherwise it will go hard.

1. I prefer to use a coke bottle a 500ml fill the bottle up to  $\frac{3}{4}$  of the way with water.
2. Then some oil only small amount otherwise it will be too oily.
3. Then add the paint it doesn't matter about how much because this is just for colour so let the children decide which colour they would like. Paint can be bought in Mr price fairly cheap.
4. Put the lid back on and shake the bottle very well to ensure the mix all goes well together.
5. Then put some flour into a bowl start of by 3 cups of flour and slowly add the mix from the bottle in.
6. Get the children to take turns by allowing them to mix the flour in the bowl.
7. If you have put too much mix in you can add more flour until the texture is right.

8. We can add glitter to this which the children will love.

## Dinner time



- Once again ask the children to help preparing dinner or setting the table or even get one of the older ones to assist the smaller ones washing their hands.
- Hands need to be washed for at least 20 seconds while singing the happy birthday song twice to remember the time scale.
- Remember all of these things can become part of your everyday routine, if it makes life easier in the home then why stop doing it.

## Screen time



- Once dinner is complete then it might be a good idea to put a movie on for the children or take out some board games.
- Remember to stop all screen time at least one hour before bedtime this will help the brain get ready to relax and fall asleep naturally.
- Best to stick to the standard bed time, if the children are getting up early they will be tired by their normal bedtime.
- Create an act of kindness tree with the children and each time one of the children either help or do something kind for another member of the family place their name on the tree.



- Set a target for the week and have reward in mind that you are capable of doing given the circumstances.

**Please bear in mind that all off the above are just ideas we fully understand most family have their own routines and are happy to keep going the way things are.**

**“Take care everyone. Please remember to stay safe and wash our hands!”**

