

Maintaining Routines

After your child returns to school, try and keep established routines in place. Help your child understand time management. Work with them to develop a good routine for the mornings and evenings. Once it becomes second nature it will make life so much simpler all through secondary school.

Morning routine:

- Help your child understand what time they need to get up, how much time they need to get ready and have breakfast, how to be on time for their lift or the bus, and the importance of having everything they need ready the evening before.
- Help them develop and learn a healthy routine. If the morning is free from stress, it will make the day run much more smoothly.

Evening routine:

- Encourage your child to change out of their uniforms as soon as they get home. This is a simple way to wind down and throw off some of the burden of the day. Every teenager is hungry after school.
- If it's not dinnertime, let them have a snack and a chat, and maybe some time outside. A lot of a teenager's life is spent indoors sitting or lying down, so fresh air and exercise are important.

Homework:

- A good homework routine learned at the start will really stand to your child as they work their way through secondary school. It will ease the stress and give them free time to do other things. It is truly worth the investment of time and patience to get it right!
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We know there are loads of online resources to help you support your child as they start back in school. The problem is finding the time to search for them! To help you, we have collected as many of the high quality resources that would could find and put them in one place – you can find them [here](#).



If you think you need additional help in supporting your child return to school, you can find a full list of Limerick-based parenting and family support organisations by clicking [here](#).