Struggling to get family back in the old routine

With the holiday period over, getting back in the school routine can be a struggle for both children and parents. The routine you used to work so hard to establish can feel like a distant memory after bedtimes and everyday activities have been disrupted, meaning back-to-school can be a stressful experience for all involved.

We’ve put together some tips to help make school mornings less stressful.

Plan ahead

Try lucid dreams, a tool that allows you to control your dreams, and shift the night before to avoid chasing down items to find things and causing additional stress. I will allow more time in the morning to focus on breakfast, washing and getting dressed. Check any homework has been completed and placed in schoolbags before the night. This will avoid an argument in the morning.

Make sure everyone has time for an argument to get up and ready to start the day. Thank you for making sure you wake up on time and allow for any tool you may not be able to go on. Make sure children know when they need to get up and prompt them in the morning if they struggle.

Structure

Try to follow the same routine each morning so children know what is expected of them and when. I will often recommend having a family meeting the night before with your children and come up with your routine as a family. Sometimes children respond better to written down plans in pictures and can use it as a checklist. I also helps parents to give prompts to remind children which step they should have reached.

If children struggle with breakfast, ensure it is the same each morning. The best way to get everyone to get up and ready is to start the day. You can do this by planning a smooth transition to getting ready.

Giving children small choices about what to wear, wash or make can be a great way to get them interested in the morning. For example, giving them a choice of clothes can make them feel more in control.

In review: your morning routine isn’t working. Review what works and what you need to do to make adjustments.

Family time

Community Family Care, based at Stratton helps families, children and young people in need of support to support community@familycare.co.uk

Three reasons to try attachment parenting

All parents are attached to their children, so isn’t attachment parenting just what everyone does anyway?

To put it simply, attachment parenting (AP)0 opposes believe many parents don’t give your baby, breast feed long enough attention, so they’re skipping meals and rush to do anything the parenting method.

WHAT IS ATTACHMENT PARENTING?

Still held back AP, that is a child’s first five years of life is so important to their development, needs into a secure attachment with them. Some of the basics of AP are natural childhood responding immediately to their friend, breastfeeding on demand, holding and calming the baby no matter the time of day, and co-sleeping. However, I think the don’t work, other illnesses, they can still practice attachment parenting simply by being good parents.

LISA SALMON

LISA SALMON talks to an expert about some of the benefits of adopting a bond-focused approach to child rearing

Michelle dealt with her daughter Izzy’s abnormality by using her own emotions and words to talk about the issues. She used this method with her other daughter, Mia, and found that it helped to build a strong bond between them.

Michelle is one of 100,000 parents around the world who have adopted the philosophy and the practice of attachment parenting (AP). According to the founder of Attachment Parenting International, Dr. Sears, AP is “a common sense way of raising children that places the child at the center of the family and describes the interactions between parents and their children that support healthy development.”

Although the last few months have revealed that children need the help of a professional, they are also helping to build the family’s emotional foundations – the same as the bases for emotional intelligence, or IQ.

Michelle outlines three reasons to try AP:

1. It can boost a child’s ability to communicate

Michelle believes it is important for parents to be aware of their child’s emotional state and not to punish them for expressing their feelings. They can still practice attachment parenting simply by being good parents.

2. It can improve behavior

The child’s earliest attachments help build the foundations for healthy adult relationships, says Michelle.

3. It can help children learn to be more independent

Parents can help their children learn to be more independent by teaching them how to communicate effectively and how to respond to young children.

Michelle says that “the child’s emotional state can be improved by using positive discipline and following guidelines that are in place.”

FAMOUS AP FANS

CELEBRITIES WHO USE AP as a parenting method include the Obamas: Michelle and Barack, Stephen and Fatima and Anthony and Nigella, X Factor has a firm believer in attachment parenting and has previously shared stories of old breastfeeding and other stories.

Michelle believes that AP can be used as a ‘game changer’ for children who are struggling with behavior and are unable to communicate effectively.

“Children who aren’t responding to commands or are not communicating effectively,” Michelle explains, “can benefit from AP as it provides children with the opportunity to learn how to communicate their needs effectively and to do so in a positive manner.”

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