

# School Holiday Survival

ARE SCHOOL HOLIDAYS HARDER FOR YOUR FAMILY THAN THE SCHOOL TERM?!



Despite how ready everyone is for the school holidays when they come around, it's sometimes not long before you notice an increase in whining, clinginess, withdrawal or your child's behaviour that shows they are more anxious, out of sorts or unsettled!

It can be so nice to not have the school lunches, the early morning drop offs, the last min homework requests! And some kids absolutely thrive with the down time, the chance to catch up and let loose for a bit. But some kids really struggle with the change....why?!

There can be lots of reasons but the most common one we have come across is the change in routine. Some children need routine, they need predictability and the ability to know what might be happening in a day.

It can also be because children have worked hard to hold themselves together during the term and now they really need some activities that will re-charge their batteries, build their tolerance levels and give them some new skills to take into the next school term.

## SO HERE ARE OUR RECOMMENDATIONS!!

- Print out the relevant School Holiday Calendar (find under our free resources page), put the dates and days in and set a school holiday routine! If your children are old enough, fill it in with them, use pictures if you need to rather than words and have it somewhere everyone can see it!
- Have some re-charging activities (down time at home) but also some big body movement options. Try have back up wet weather options written down too so everyone knows what to expect if that happens.
- Try keep a similar morning and evening routines - including similar wake up and bed times to the school term.
- Have meals at regular times.
- Cross out each day at night time so it's clear how much longer till school starts again.
- Prepare the school bag/ resources required for school in advance - have them in an agreed place.

And of course, you can always book in a few sessions with us at Go Glow if you want to make the most of not having to cram everything in after school hours!!

**Term 1 School Holidays**

**Term 2 School Holidays**

**Term 3 School Holidays**

**Term 4 School Holidays**