



# Tender Hearts Child Therapy Center

*Parent Newsletter*

*September 2012*

## **School Year Afternoon Routines**

Now that we're back in school, it's probably time to make adjustments to those afternoon and evening routines. Since most families are super busy with after-school activities, it's easy to get out of daily routines. However, children need routines to feel safe and secure in their environments, and, regardless of how many after-school activities your child participates in, there is one thing that every child needs to have in his or her after-school/evening routine: homework. It is very important early in the school year to establish a homework routine for your children, even if homework is light in the beginning of the year. Here is an example of an afternoon routine:

1. Provide a healthy snack, but not too close to dinner.
2. Allow some "down time." Younger children will want to play and be physical to burn off the energy built up from sitting all day at school. Older children will probably want to watch TV or socialize with their friends.
3. For younger children, check backpacks every night for notes from the teacher and homework. Add important school dates to your family calendar.
4. For older children, review assignments, homework, and projects from each class. This can be something as simple as asking your child what he/she did in math class, science class, English class, etc. while you are preparing dinner.
5. Provide a space for your child to complete his/her homework. Remove distractions from the homework area so that your child can focus on the homework.
6. Check or review homework for completion once your child has finished and pack everything in the child's backpack for a smoother morning.