Setting Up for Success While At Home Together

Stick to a consistent routine daily. Set expectations about getting up, getting dressed, and eating breakfast

Limit endless snacking

Create a schedule for each day with your children to break up the time

Put a limit on social media

Don’t have the TV on in the background all day

For children without their own phones, set up a FaceTime playdate with a friend and let them chat using your phone

Dedicate time every afternoon to organizing and cleaning up to keep chaos and germs at bay.

Make dinner together.

Go old school! Have story time, play a board game, or try to learn a new language together during evening family time.