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Ask Our Clinicians

Our children's therapy experts answer common questions about helping children enjoy the holiday break



Do we need to keep our normal routine during the holidays?

Not completely. Holidays should feel different and fun. Keeping a few familiar parts of the day — such as meals and bedtime — can provide helpful predictability.

My child finds changes to plans difficult. What can I do?

Give them information ahead of time where possible. Tell them what is changing, what will stay the same and what will happen next.

How can I keep my child learning without making the holidays feel like school?

Learning happens everywhere. Cooking, shopping, building, drawing, playing games and exploring outside all involve valuable communication, thinking and everyday skills.

Get support from our children's therapy experts today!

enquiries@bestchance.org.au | 1300 224 644

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My child gets overwhelmed at family gatherings. How can I help?

Prepare them beforehand, allow breaks and consider having a quiet place available. It's okay if your child needs some time away from a busy environment.

Should I worry about keeping my child busy every day?

No. Children benefit from both activity and downtime. Unstructured play can give children opportunities to explore their own ideas and interests.

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