bestchance

Did you know?

Children often enjoy holidays while still benefiting from some of the familiar routines that help their days feel predictable



Keep helpful routine

You don't need a strict holiday timetable. Keeping familiar anchors such as waking, meals and bedtime can provide predictability.

Prepare for change

Letting children know what is happening ahead of time can make changes to their usual day easier to manage.

Make transitions easier

Simple reminders such as "two more turns, then we're leaving" give children time to prepare for what comes next.

Stay active through play

Playgrounds, swimming, walking, dancing and backyard play all provide opportunities for movement, learning and connection.

Build independenc

Holiday time provides lots of opportunities to practise everyday skills such as dressing, packing a bag, helping prepare food and tidying up.

Create positive family moments

Connection doesn't need to be complicated. Reading together, cooking, talking, playing or going for a walk all create opportunities to connect

Get support from our children's therapy experts today!

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