

ARE YOU FEELIN' HOT HOT HOT

THE RETURN OF ROUTINE – ARE YOU READY?



HOW ROUTINE READY ARE YOU?

There's no denying it, summer is coming to an end. And as good things end, new beginnings emerge. A fresh start into a new school year and a return to a regular work routine can bring up many emotions. Excitement, anxiety, sadness...etc. Transitions are hard and a healthy adjustment involves a bit of planning that works for everyone involved.

TIPS FOR TRICKY TRANSITION

- 1 Turn the negative into a positive** – Instead of focusing on the end of summer, why not think about what you enjoy about fall and look forward. Your favourite cozy sweaters, apple picking, the beauty of your natural surroundings, and cool nights. Plan some events in your family calendar that everyone anticipates with excitement in the months to come
- 2 Treat it like new year!** September is often thought of as a time of renewal. And it's a great opportunity to re-address goals that may have gotten forgotten through vacation and the laid-back summer months. Reprioritize your work goals, healthy eating strategies, fitness routines, family wellness, and self-care.
- 3 Summer doesn't end in September.** Carry summer into fall. You can still enjoy social evenings with friends around a fire, weekend camping or pool days, or a trip to the beach to watch a sunset. Make the most of what is left of summer and plan for it. It can make summer feel less like an ending making the transition to routine a little easier.



THERE'S AN APP FOR THAT

While you can still enjoy aspects of that laid-back summer lifestyle, let's face it, your household is about to get hectic. September's family calendar fills up FAST and it's important to schedule your obligations and leisure time. Using a shared family calendar app or digital home assistant is a great way of heading into fall without missing a beat! Try one of the following apps to make scheduling easy and fun:

APPLE CALENDAR

COZI FAMILY ORGANIZER

GOOGLE CALENDAR

FAMILY WALL

Soccer 7pm ★ 10	Home for Lunch 11	Board Meeting 12	Dance 5pm 13	PTA Meeting 14	Family Game 😊 15	Family Hike 16
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Summer seems to welcome lazy mornings, fun filled afternoons, and an “it’s past your bedtime” kind of approach. A great morning and evening routine can have everyone fueled for the day and functioning at their best physically, mentally, and emotionally. A little planning can go a long way.

Night Night Sleep Tight - Setting a bedtime is an important aspect of a healthy lifestyle - a benefit to children and adults. Returning back to a predictable and structured schedule should be a weaning process. Schedule family obligations such as family dinner, cleanup, homework, and extracurriculars and lessons well before the first bedtime begins. Allow for at least 30 minutes of leisure time before bedtime routine begins. Determine an appropriate bedtime and adjust by 10-minute intervals per night over the course of a 2-week period.

How much sleep should your family be getting?

Stage	Age	Hours of Sleep Including Naps
Newborn	0–3 months	14–17 hours
Infant	4–12 months	12–16 hours per 24 hours
Toddler	1–2 years	11–14 hours per 24 hours
Preschool	3–5 years	10–13 hours per 24 hours
School Age	6–12 years	9–12 hours per 24 hours
Teen	13–18 years	8–10 hours per 24 hours
Adult	18–60 years	7 or more hours per night
	61–64 years	7–9 hours
	65 years+	7–8 hours



The Great Wake-Up Plan - A successful morning routine means working with each individual family member’s personality, schedule, and need for sleep.

For example: a couple may have very different work schedules. The school schedule of a teen will be very different than a school age child.

Different schedules can create some barriers to happy and efficient mornings. Here are some things to consider when planning a morning routine:

- *Who has to be at work/school first?*
- *Is there a bathroom that needs to be shared? If so, figure out a schedule for showers and bathroom activities.*
- *Your oldest likes a morning smoothie. Is running a blender at 6am going to work for other family members?*
- *Is Johnny a slow eater? Allow some extra time for him to finish his breakfast without feeling rushed.*

A family meeting can help initiate some collaborative problem solving to ensure everyone’s needs are taken into consideration and respected.



Sources: <https://www.lifewire.com/best-shared-calendar-apps-4154160>
<https://habituallychic.luxury/2018/08/7-tips-to-survive-the-end-of-summer-blues/>
https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
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