



NORTH STAR 180

Transitions and School Holidays

*How to keep your kids going through
the holidays without tearing your
hair out!*

HOLIDAYS
ARE
HERE !!



Why Routines Matter in Holidays

- Some children thrive on structure; holidays can feel unpredictable.
- Lack of routine can lead to anxiety, meltdowns, or excessive screen time.
- A simple, flexible routine helps children feel secure and engaged.



Keeping a Simple Routine

- Keep key parts of the day predictable: wake-up time, mealtimes, bedtime.
- Use a **"Daily Plan" chart** (can be handwritten or drawn with pictures).
- Let children help create the plan - give choices where possible.



Helping with Transitions

- Use **countdowns** for changes (e.g., "5 more minutes, then we'll tidy up").
- Offer **warnings and previews** ("After lunch, we'll go to the park").
- Have a **transition object** (e.g., a favorite toy that "travels" between activities).



Lo-Cost Activities at Home

- Indoor "treasure hunt"
- DIY obstacle course
- Storytime corner
- Helping with simple cooking



No-Cost Activities Outside

- Nature walk and collect leaves/stones
- Playground visit with a "challenge" (e.g., climb 3 things!)
- Library trip for a "holiday reading mission"
- Free community events (check local listings)



Managing Screen Time

- Set "**screen-free zones**" (e.g., at mealtimes, 30 mins before bed).
- Use "**first, then**" strategy: "First we play outside, then some TV."
- Offer engaging alternatives (crafts, music, storytelling).
- If screens are used, watch **together** and talk about it.



Collaborative Parenting – Involving Your Child

- Ask: *"What do you think we should do today?"*
- Give small choices: *"Park or library?"*
- Use **positive reinforcement** ("Great job sticking to the plan today!")
- Encourage problem-solving: *"What can we do if we feel bored?"*



Simple Steps for a Calm Holiday

- ✓ Keep a predictable but flexible routine
- ✓ Give warnings and use visual schedules
- ✓ Include no-cost, screen-free activities
- ✓ Set clear screen-time limits with alternatives
- ✓ Involve children in planning

Holidays don't have to be stressful—small changes can make a big difference!

