

# Coping with lockdown: Routines



for better mental health

Hammersmith, Fulham,  
Ealing and Hounslow

Tips for parents around setting a realistic daily routine

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Once again we find ourselves in lockdown and having to cope with all the challenges this pandemic can cause. Having a realistic daily routine helps take some of the uncertainty out of the situation, which can be helpful for motivation, home learning and reducing anxiety. Please find below our top tips for setting a routine.

**Personal and flexible** – Remember that every family is different. Try these out and feel free to adapt them to what works for you. Make sure your routine is flexible enough to live in. At the same time, don't be afraid to persevere with your routine, as children will take a while to get used to something new, so don't worry if you get more resistance at first.

**Transition activities** – When they're at school, children have clear transitions between activities (travelling to school, break times etc). Consistent transitions are a cue to what is happening next, which help children to prepare for their next task, and gives them a rest too. Try to incorporate 'transitions' before and after home learning, such as a walk round the block, some movement, or a quiet activity such as colouring or TV.

**Make it visual** – At school, children are used to seeing their daily routine displayed as a timetable or in pictures. This helps them to know what is coming next and can reduce arguments about what to do next! You can make this a fun activity by creating a routine together – your child might enjoy drawing pictures to represent their daily activities. Children also love choice, so letting them choose their rest activities can boost their motivation.

For more advice on emotional and behavioural difficulties,  
please make an appointment with the EMHP (below)



Ella is an Educational Mental Health Practitioner (EMHP) and is part of the West London Mental Health Team (WL MHST) which supports school staff, children and parents to think about self-care, emotional wellbeing or behavioural issues. Ella can offer 6-8 sessions to parents to support them with implementing strategies to address excessive worry or behavioural issues displayed by their children.

For further information, please contact  
**Paula Byrne**  
to schedule a brief appointment with Ella.



**“The strategies were very helpful, and I saw great improvement in the relationship between me and my son. The situation at home is significantly better.” (Parent)**