

# It's Time to Come In

## Fine Tuning for Fall 2020

Healthier Urban Families Outreach Program

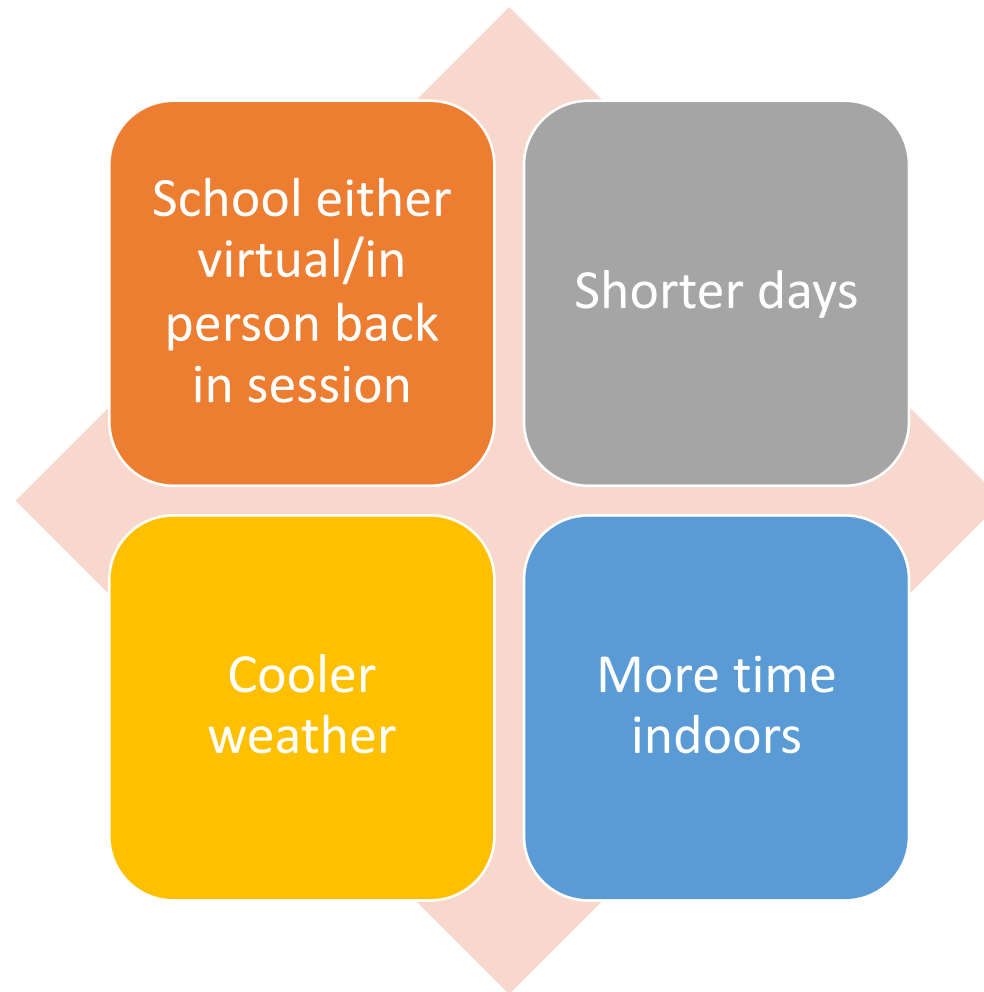


Beverly Weathington, LMSW

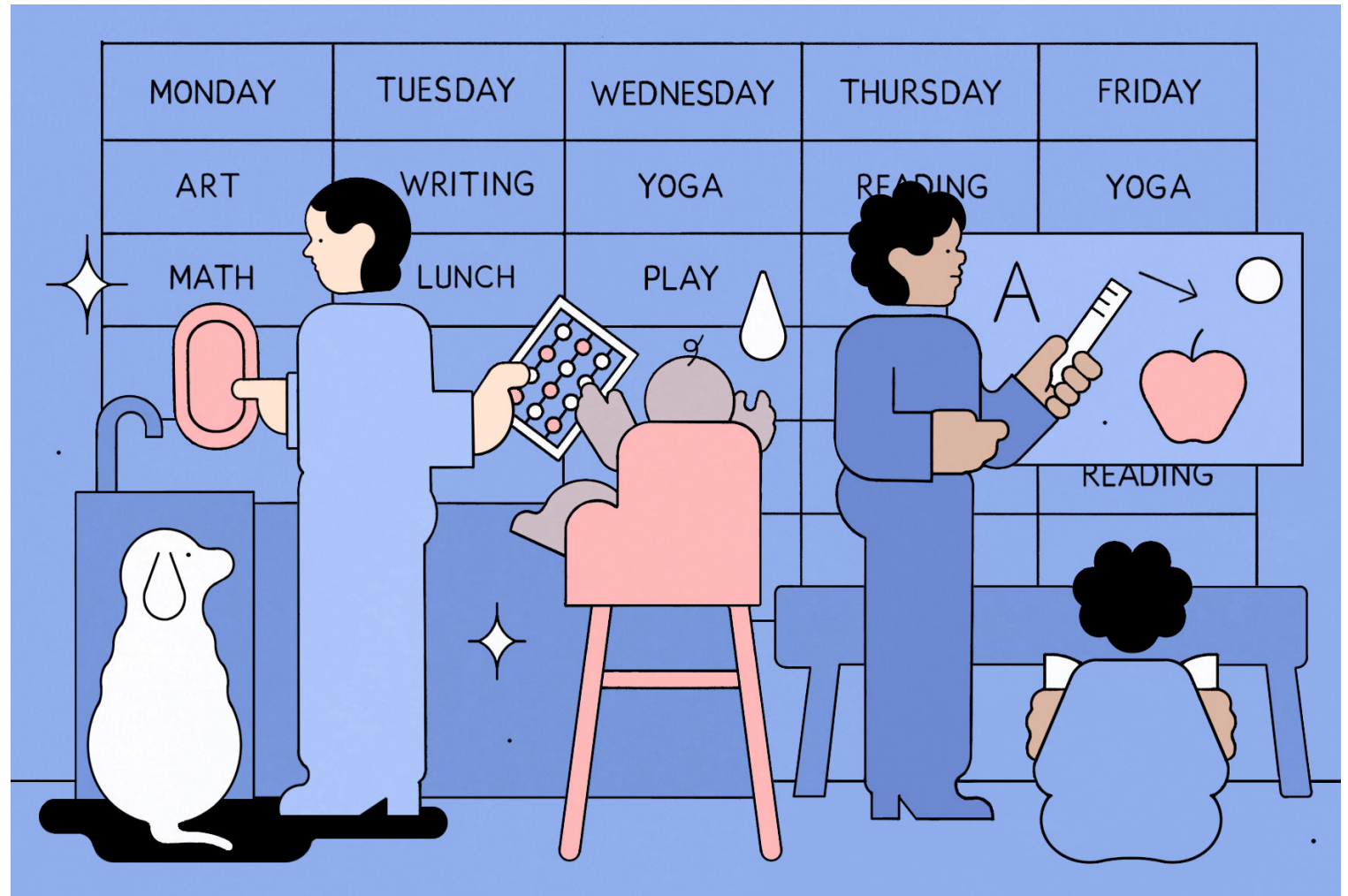


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# Fall Brings Changes



Our New  
Normal is  
Going to Be  
Around for  
Awhile



# Good Time to Examine Daily Routine



ARE THINGS GETTING  
DONE



DO YOU FEEL AWARE AND  
ON TOP OF YOUR DAILY  
SCHEDULE



ARE YOU FEELING  
PRODUCTIVE



WHAT  
ADJUSTMENTS/CHANGES  
NEED TO BE MADE

## Why Routine is Important

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Consistency

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Control

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Expectations

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Normalcy

# School Routine Checklist for Child

Well rested in the morning

Getting up on time

Eating nutritious breakfast

Have needed materials and technology

Have an area devoted to learning

# School Routine Checklist for Parent

Is someone  
available at  
home to  
support your  
child's learning?

Have you met  
your child's  
teachers (virtual  
meetings are  
available)?

Are you familiar  
with your child's  
schedule?

Have you  
contacted the  
school if there  
are challenges?



- Kids
- Work
- House
- Uncertainties

Feeling Overwhelmed

# Fine Tune your Schedule

Develop daily schedule for  
yourself

Set realistic am and pm goals

Work while kids are engaged

Set up a work area for yourself

Acknowledge your  
accomplishments

# Delegate Household Responsibilities



- Picking up toys, cleaning rooms
- Sorting and putting away laundry
- Planning, prepping, preparing meals
- Helping to care for pets

# Set Aside Time for Fun

- Time outdoors
- Family movie night
- Cook with kids
- Reading night



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