

KooLKIDS Parent Tips

Keep It Simple

Helping kids feel in control during an out-of-control moment can be tricky. There are many ways to guide children through tasks and avoid the stress that comes from feeling overwhelmed, by keeping it simple. Here are some tips for 'Keeping It Simple' at home...



Make a schedule.

An action becomes habit through continual reminders and repetition. Set specific times for waking up, eating, playing, doing school work, doing chores, watching TV or playing video games, and going to bed.

Post the schedule where everyone can see it.

Have children tick off activities as they are completed.



Use clear instructions throughout the day.



Keep it real!

Don't try and fit a full school day into home life. Make a schedule that works for your family, but be ready to adapt it if you find it is too restrictive or difficult to follow.



Establish simple house guidelines.

These may need to be a little different at the moment as you navigate everyone working from home. Include children in establishing the guidelines, and then display the guidelines for all to see.



Anticipate and avoid problems.

Know your children's triggers and what situations lead to problems: head off trouble before it starts!

For further information on the KooLKIDS program please visit: www.kool-kids.com.au