

Swinging Upside Down Episode 3: Using Routines to Thrive During Self-Isolation (Part 2)

In Episode 2, I talked about how routines can help kids, both under regular circumstances and especially during these trying times.

As parents, we can use routines in our days to help us cope as well. Knowing that we have a schedule, and doing our best to stick to it (with some flexibility) can make our days go more smoothly.

Stay healthy everyone!

THE SWINGING **UPSIDE DOWN** PODCAST



WITH
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