

BUILD PREDICTABILITY INTO YOUR CHILD'S DAY



REDUCE OVERWHELM AND CREATE CALMER,
MORE MANAGEABLE DAYS

WHY PREDICTABILITY MATTERS

- Feel less anxious
- Move through transitions more easily
- Regulate emotions better
- Experience calmer, more stable days

THE CORE IDEA

- ✓ Make the day visible
- ✓ Prepare for transitions
- ✓ Create daily rhythm
- ✓ Reduce unnecessary demands

Many children struggle when they don't know what's coming next. This can lead to resistance, overwhelm, and daily power struggles.

Predictability helps children feel safe. And when children feel safe, they are more calm, more cooperative, and more able to manage transitions.

 JOIN THE 4 WEEK FAMILY RESET WAITLIST

STEP 1 – MAKE THE DAY VISIBLE

When children can see what's coming, they feel more in control.

TRY THIS:

- Create a simple visual routine
- Use pictures, drawings, or a whiteboard
- Keep only key parts of the day

STEP 2 – TRANSITIONS

Transitions are often the hardest moments of the day.

TRY THIS:

- Give a gentle heads-up before changing activities
- Connect before redirecting
- Allow extra time so your child doesn't feel rushed

STEP 3 – CREATE RHYTHM

Children feel calmer when their day follows a familiar pattern.

TRY THIS:

- Keep morning and bedtime routines consistent
- Repeat daily structures
- Maintain predictable flow across the day

STEP 4 – REDUCE DEMANDS

Not everything has to become a struggle.

TRY THIS:

- Focus only on what needs to happen now
- Offer simple, structured choices
- Keep instructions short and clear



WEEKLY RESET

- Plan simple weekly meals
- Organise clothes, uniforms, and school bags
- Prep breakfasts or snacks in advance
- Check school schedules and appointments
- Lay out outfits ahead of time
- Reset shared spaces (toys, study area, kitchen)
- Review the weekly routine together
- Talk through the week with your child
- Highlight any routine changes early
- Prepare for key transitions (mornings, bedtime, school runs)

