

Aug

Sep

Oct

Nov

Dec

Jan

Feb

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Apr

May

Resources



Quick and Easy Behavior Interventions



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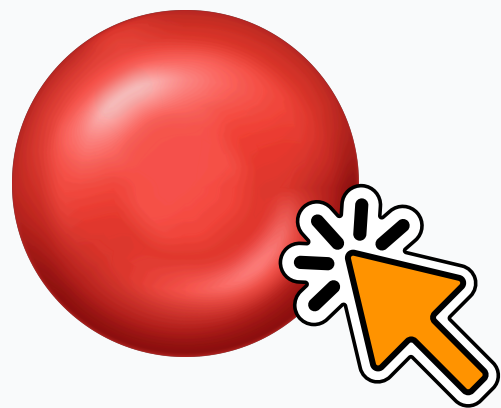
Feb

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Resources



School Readiness and Structure

Consistent school-night routines reduce evening stress and ensure the child gets adequate rest, which is vital for attention and behavior. Consistent expectations lower anxiety and establish a clear behavioral framework before the stress of a new school year begins.

For more information click the button.

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How:

- Establish a consistent "school-night" routine (bedtime, homework spot).
- Practice separating from a caregiver (if applicable).
- Revisit family expectations around schoolwork and chores.

Resources and Tools

- Create a homework routine checklist
- Create a backpack prep zone
- Set a designated quiet work area
- Create a weekly/daily chore chart

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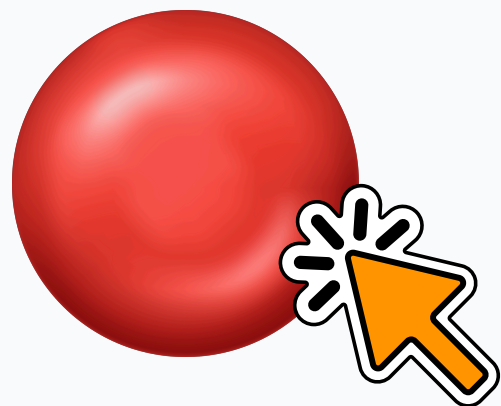
May

Resources



Structured Play

Structured play is an adult-led activity with set rules and goals designed to help children develop new skills, coordination, and confidence. By providing a predictable routine and defined outcome, it fosters problem-solving and teamwork within a supportive, safe environment.



For more information click the button.

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How:

- Practice turn-taking and sharing using board games or puzzles
- Participate in structured team activities
- Use household items to create games and activities that require structure and rules.

Resources and Tools

- Board games
- Seek team sport opportunities through local agencies like Suffolk Parks & Recreation or the Suffolk YMCA
- Directed art activities or building set activities (i.e. Lego kits)

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Additional Resources

● Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

● Western Tidewater Community Services Board

