1. **Stick to a sleep schedule**. According to the National Sleep Foundation, going to sleep at the same time every night and waking up at the same time every morning can regulate your body’s internal clock and improve your sleep quality.
2. **Do daily activities at the same time every day.** Taking care of daily activities, such as the dishes, helping kids with homework or taking out the trash, at the same time every day helps you create a routine at home and helps your family and children know what’s expected of them.
3. **Schedule meal and snack times.** Try to eat at the same time every day. This gives you time to plan and gives your family a break to look forward to.
4. **Take care of your physical health.** It can be hard, but try to maintain a routine to take care of your physical health — including personal hygiene and making time every day for physical activity.
5. **Be flexible.** This is new for everyone. It will take trial and error to find routines that work for you and your family. Be flexible and remember that you are trying your best during a difficult time.

<https://www.mentalhealthfirstaid.org/2020/05/the-importance-of-maintaining-a-routine-while-at-home/?fbclid=IwAR1weJZOF_FOCwVgcEC9s2JZl4vQ8-Fy2hklWOkiGtaBwDdPqQAz8HhXDEo>