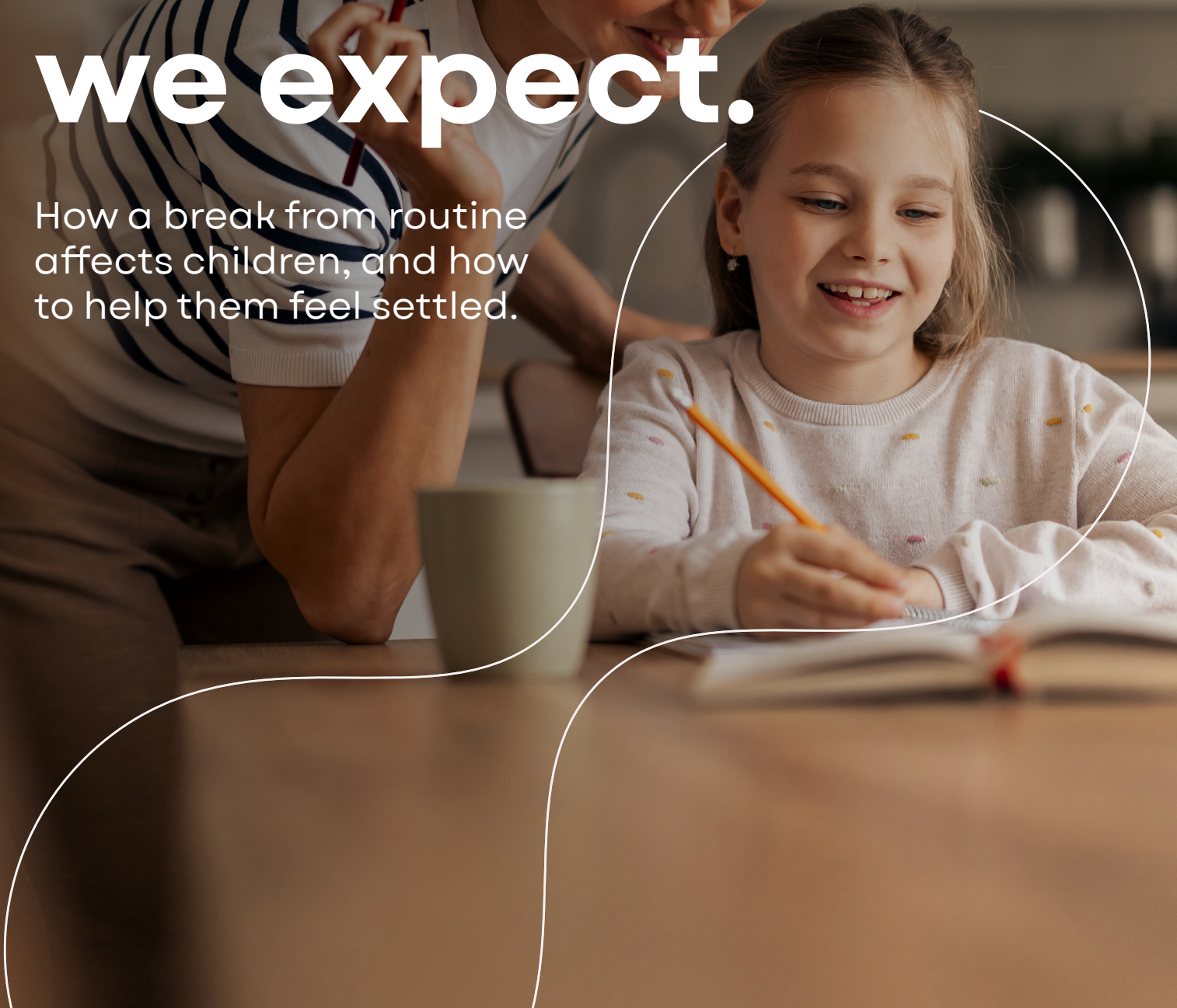




# The holidays can unsettle kids more than we expect.

How a break from routine affects children, and how to help them feel settled.







# A change in routine can throw the whole day off.

When the structure of school disappears, sleep, mood, and behaviour often shift with it. More irritability. Later nights. A child who seems off without quite knowing why. It is common, and it usually settles with a little support.





# The signs are often quieter than a meltdown.

Trouble sleeping. Clinginess. Withdrawing from things they normally enjoy. Big reactions to small changes. None of it means something is wrong, but it is worth noticing when it lingers.



# Small anchors help more than a packed schedule.

A regular wake-up time. One predictable point in the day. A bit of warning before transitions. Children settle when the day feels possible to predict, not when every hour is filled.

**You do not need a plan for everything.**





# You're not the only one working it out.

Contact **HealthHero** today for more support and advice.

**We're with you every step of the way.**