

# Planning for Schedule Changes

**PARENTS ASK:**

## How do schedule changes affect my child's lifestyle behavior?

Schedule changes can be huge. They can make it harder to eat healthy. Harder to do GREEN activity. Harder to manage diabetes. They can lead to setbacks or relapses.

Sometimes you get into a nice routine. Things work out the way you want. Then your schedule changes. All your progress seems to disappear. Now you feel lost and discouraged. That can happen to you or your child.

The switch from school to vacation may be your child's biggest challenge. Three changes make it harder to maintain healthy eating and activity behaviors. There will be:

- ▶ **Less routine.** *Routines can keep your child safe.* With a good routine for meals and snacks, your child is more likely to eat healthy. Routine carries him along. It makes good choices simpler. The same is true of physical activity. If it's planned into the school-year routine, he's more likely to do it.

But those plans just won't work the same when your child is not in school. School no longer structures a lot of his time. Suddenly, his routines disappear.

- ▶ **More free time.** *Staying busy helps keep your child safe.* Having more time on his hands gives your child more time to sit around. More time to be sedentary. It gives him more time to be bored. That means more chances to deal with his boredom by eating.
- ▶ **More temptations.** *Staying busy and having a routine help keep your child safe.* There are often more temptations during vacations. Friends plan social events around food. There are picnics and RED foods around the pool. Trips to the ice cream shop or the movies.

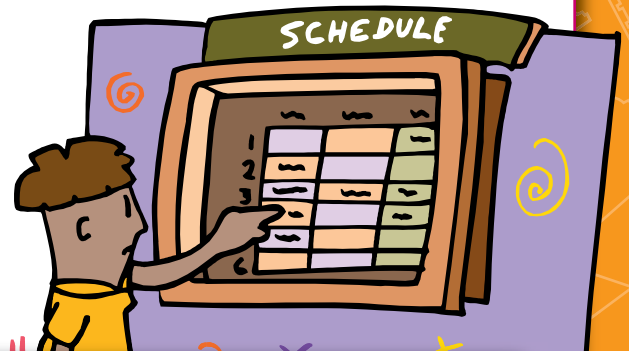
**KEY GOALS**

**Planning in advance for schedule changes will help your child meet 4 key goals:**

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

Parties. Snacks around the television set.

All this makes it hard for your child to maintain his progress. So it's easy to stop losing weight. Easy to gain weight. Easy to skip some of the other things your child needs to do to manage his diabetes. When



**Here's what you'll learn about in this module:**

- ▶ Planning in advance for schedule changes
- ▶ Helping you and your child stay focused on goals
- ▶ Helping your child get the most out of weekends and summer



Planning in advance means setting some small goals for what you want to do. Then you make a schedule that will help you get them done.

this happens, he's heading for trouble.

PARENTS ASK:

### What's the best way to deal with a schedule change?

Plan for it. Planning in advance is the best way to deal with a change. Staying focused on your goals and being flexible are also important.

- ▶ **Planning in advance** means setting goals and making a schedule for doing it.

*Make sure the schedule is specific.* What will your child do? When will she start each activity? Who will do it with her? When will she switch to another activity? Be sure she includes times for going to bed, for getting up, and for doing chores. It's OK to schedule some time to relax. But not too much time for RED activities.

*Use the schedule as a guide.* You don't have to follow it rigidly. Most of the time it won't make any difference whether your child starts a bike ride

at 9 or 9:30. But it will make a difference if she doesn't get back in time to walk her little brother home from summer school.

*Try to keep a regular sleep schedule.* An irregular sleeping pattern makes it harder to lose weight. So does sleeping too much. Going to bed and getting up at the same time is best. This helps your eating habits and the rest of your schedule to be more regular.

PARENTS ASK:

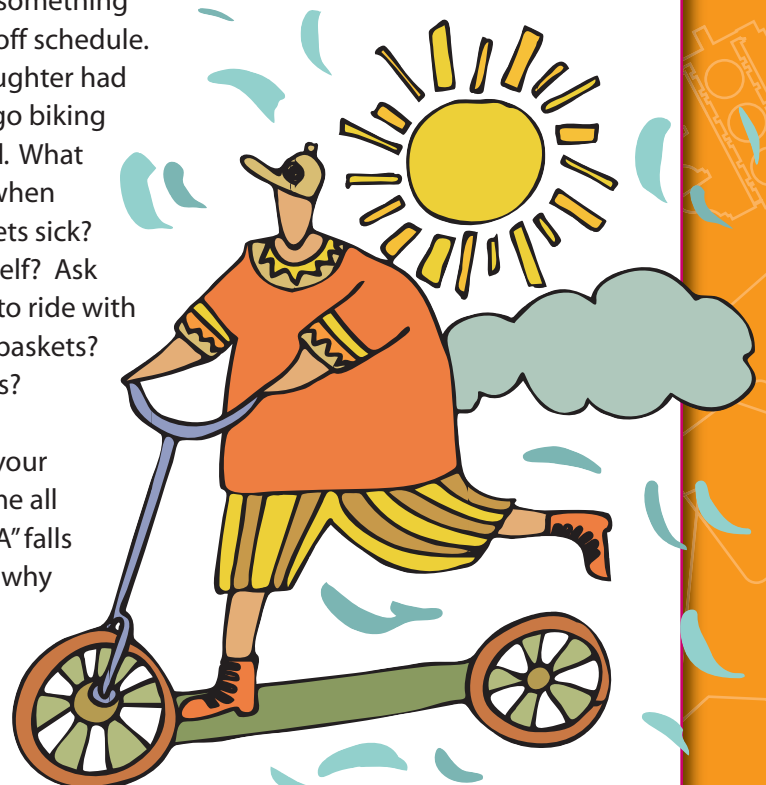
### What can I do to help my child get the most out of her summer?

Start planning a month or more before summer arrives. Find out what's out there for your child to do. Encourage her to set goals for herself. That way, when final exams are over, she's ready to make summer work for her. For example, summer vacation offers your child the chance to:

- ▶ **Staying focused on a goal** helps you find ways to meet it. Encourage your child to stay focused if the plan doesn't work out. That will help her find another way to do it.
- ▶ **Being flexible** means having a back-up plan in mind when something knocks you off schedule. Say your daughter had planned to go biking with a friend. What will she do when the friend gets sick? Ride by herself? Ask her brother to ride with her? Shoot baskets? Cut the grass?

You don't want your child sitting home all day when plan "A" falls through. That's why it's important to have plans "B" and "C" to fall back on. It's really just

- ▶ **Get more physical activity.** Help your child set new physical activity goals for herself. Help her make



Alicia was worried because summer vacation was coming. Last summer she hung out at home a lot. She was bored. She watched TV and played on her computer. She snacked too much and gained 15 pounds. It was not at all fun to think about.

She told her parents how worried she was. "Think of it as an opportunity," her mother said. "You have a chance to do a lot of fun things. You have a chance to even be healthier. For example, you've practiced playing catch. So it won't be so hard to join a softball team at the Y. You can take the babysitting class at the hospital and make some extra money."

"That sounds great," Alicia said. "But I'm worried that I won't really do all those things."

"Sure you will," her mother said. "Look what a great job you do with your weekends. You eat healthy just like you do during the week. And you get even more physical activity. The key to your weekend success is that you make a schedule for yourself. That's also the key to having things go well this summer."

Hearing this made Alicia feel a lot better. It changed her attitude. She knew her mother was right. She did do a good job planning her weekends. It was something she worked hard at it. She knew how to schedule the extra time she had. She realized that she could do the same thing with summers. Only it would be even better. She would have more time to do things and learn things that she liked.

How did Alicia's mother help her get ready for summer?

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What could you do to help your child get the most out of summer vacation?

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plans so she can achieve them. The extra time she has allows her to go for longer hikes or bike rides. She can play baseball or basketball with different friends. She can practice her serve or her jump shot. She can join a sports team in a league organized by your community center or the Y.

- ▶ **Try new activities she might enjoy.** These might be GREEN activities. But they don't all have to be. She has time to practice singing or playing the piano. She could learn to sew. She could get a group together to discuss books, movies or music. Encourage

her to try things she likes. Encourage her to try new things too.

- ▶ **Learn new skills.** What about taking a babysitting class at the hospital? Are there computer courses she might like to take? How about drawing or sculpting courses at a community center? These are great ways to meet new people who might become friends.
- ▶ **Make new friends.** Doing an activity she likes with other kids who like it too is a great way to make friends. They already have something in common.

Learning to manage weekends well is good practice for making summers healthy and fun.

- ▶ **Get a job.** The summer can be a great time to make some money. Even if your daughter isn't old enough to have a regular job. She could earn money cutting the grass for neighbors. She could babysit. Encourage her to ask around.
- ▶ **Do volunteer work.** Your child can have fun while helping the community by doing volunteer work. She could cut the grass for an

elderly neighbor. She could volunteer at a hospital. Or a daycare center. Or a nursing home. This will add structure to her life. She will meet other people and feel good about herself.

- ▶ **Make a vacation eating plan.** What RED food snacks does your daughter want to be more careful about? What summer fruits does she want to enjoy? Help her plan ahead for healthy snacks when you are not at home. Make a vacation eating plan yourself.

### **What about weekends? My son just sort of drifts. Should I try to make him follow a schedule? He does get his homework done.**

#### **PARENTS ASK:**

Yes. It's a good idea for him to have a schedule. Encourage and help him to make one.

Weekends can be like vacations. Family routines often center on work and school. When this changes on the weekend, there may be less structure. And more free time. This can also lead to trouble.

People often overeat and get less physical activity on weekends. Why? Because they don't know how to manage their time when it isn't organized around school or work.

### **How to help your child manage transitions**

- ▶ Help your child set goals and make a plan.
- ▶ Stay in touch. Offer encouragement and advice at family meetings.
- ▶ Help your child problem-solve when things go wrong.

People who lose weight and keep it off stick to the same healthy eating plan on weekends that they use during the week. Encourage your child to do this. Show him that you are doing this, too.

Make healthier eating and activity behaviors over the weekend a goal for the whole family. By planning ahead, weekends can give you and your child even more time to do physical activity. Plan for it. The skills you and your child develop will help make summer healthier too. Practice may not make you perfect, but it sure makes you better.

#### **PARENTS ASK:**

### **How can I help my son make a good switch to summer?**

- ▶ Help him set goals and make a schedule. You know about the importance of setting goals, planning ahead, and making a good weekly schedule.

### **How to help yourself manage transitions**

- ▶ List your lifestyle goals for summer.
- ▶ Make a plan to meet them, including a schedule.
- ▶ Make sure you stick to your healthy eating and activity plan during weekends.
- ▶ Keep track of your weight so you will know how well your plans are working.

- ▶ Help him look for opportunities in the community to have fun while getting physical activity.
- ▶ Help him make a summer eating plan. Get the whole family involved.
- ▶ Make sure he keeps track of his weight. If his weight is not under control, you know he needs to do a better job of sticking to the plan. Or he needs to make a better plan.
- ▶ How well is your son managing his weekends now? If he isn't doing so well, encourage him to work on it until he gets it down. He could make it a special goal. Managing the extra free time he has on weekends is great practice for managing a vacation.



# Planning for Schedule Changes

## Help Your Child Manage His Weekend

*Alicia made this chart to see how she was managing her weekend. Your child has a form like this. Help him use it to set some goals. Make sure you help your child schedule each activity. Without a plan, he won't reach his goals.*

Behavior	Goals	Did I meet my goal?	Comments
Physical Activities	Bike 1 hour Saturday Walk 1 hour a day	Only 30 minutes Walked 45 minutes each day	Keep working on these goals
RED foods	3 RED foods a day	3 on Saturday, 4 on Sunday	Good job on Saturday, 1 extra snack at the picnic on Sunday
Special Activities	Learn about summer activities at the Y	Visited the Y, got info, haven't decided yet	Decide by next weekend
Homework	4 hours for math, history, English, and science	Yes, split it up. Math and history on Saturday, English and science on Sunday	Good plan
Chores	Clean garage for Dad Clean my room Do my laundry	½ done; needs another hour Yes, did it Sunday. Yes, did it Saturday.	Finish cleaning garage next Saturday
Family Activities	Attend sister's soccer game. Picnic afterwards with other families	Yes	Fun!
Other	Hem my blue skirt	No	Next weekend

*Encourage your child to write down the results on his form. Talk about how things went at your family meeting. Praise and encourage your child for what he did well. Help him problem-solve about goals he did not meet.*

*Encourage your child to do this every week. He should use the form at least until meeting his goals becomes routine.*

## Your Goals and Plans

Set your own goals for healthy lifestyle changes over the weekend or the summer. Make a plan that will help you reach your goals. Use this form to help you.

Possible Behaviors	Goals	Plan
Physical Activities		
Eating/Food Preparation		
Family Activities		
Work		
Other		

Write down your goals from the chart above. Write down how you did last weekend. How well did you meet your goals?

Behaviors	Goals	Did I meet my goal?	Comments
Physical Activities			
Eating/Food Preparation			
Family Activities			
Work			
Other			

Ask yourself some questions about your results.

- ▶ *Did I schedule activities in advance?*
  
- ▶ *Was my schedule doable, realistic? If it wasn't, how would I change it next time?*
  
- ▶ *If I did not meet a goal, what could I have done differently?*
  
- ▶ *What I learned about myself from this is...*

# Planning for Schedule Changes

## Major schedule changes can lead to setbacks or even relapses.

The switch from school to vacation may be your child's biggest challenge because there is:

- ▶ Less routine
- ▶ More free time
- ▶ More temptations
  
- ▶ Staying busy and having a routine help keep your child safe.
- ▶ Planning in advance helps you manage a change. This means setting goals and making a schedule to reach them.
  - ▶ A schedule should be specific. What activity? What time? Where? When? With whom?
  - ▶ Have a back-up plan in mind before your start.
  - ▶ Use a schedule as a guide.
  - ▶ Schedule some time to relax, but not too much time for RED activities.
- ▶ Staying focused on a goal helps you find ways to meet it.

## Learning to manage weekends helps your child make summers healthy and fun.

- ▶ People often overeat and get less physical activity on weekends.
- ▶ People who lose weight and keep it off stick to the same eating plan on weekends that they use during the week. Make sure you and your child do, too.
- ▶ By planning ahead your child can eat healthy and get even more GREEN activity on weekends.
- ▶ An irregular sleeping pattern makes it harder to lose weight. So does sleeping too much. Going to bed and getting up at the same time is best.
- ▶ The skills your child learns to help make weekends healthy will help him make summers healthier too.



## Summer vacation offers your child a chance to

- ▶ Get more physical activity.
- ▶ Make a vacation eating plan.
- ▶ Try new activities he might enjoy.
- ▶ Learn new skills.
- ▶ Make new friends.
- ▶ Get a job.
- ▶ Do volunteer work.