

It's October. Are you surviving the school routine?

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Hey, Parents!

If back-to-school has left your house feeling more frazzled than fun, you're not alone. The shift from summer freedom to school routines is tough on kids *and* parents. Whether your child is heading off to preschool for the very first time or, like mine, in their college years, this transition comes with its own set of struggles. Homework battles, rushed mornings, and bedtime resistance can make it hard to stay in that connected, happy space we all want at home.

With a few simple tools (like the hack and hot topic below), your family can find its rhythm again. And if you'd like to go deeper, my brand-new **Pre-Recorded 4-Part Parenting Series** is now available - almost 7 hours of self-paced strategies!!

🌟 **Launch Special:** \$100 off the full series PLUS an **extra 30% off** with code **pc-series-30**.

Wishing You Well,

Nicole ❤️ 🌱

Pre-Recorded 4-Part Parenting Series Details Here!

Parenting Hack 🥰

Prep Before the Chaos: Identify the part of the day that causes the most stress (morning, homework, bedtime, meals, saying goodbye), then add

simple structure:



***For little ones:** use picture clues for each step of routine.

***For older kids:** create a short checklist, with them

***Keep it consistent:** routines work best when they're repeated daily.

Think of these as roadmaps to help kids know what's next while easing the pressure on you.

This Month's 🔥 Hot 🔥 Topic...

Why Visual Schedules Work Wonders

As adults, we lean on calendars, shopping lists, and reminders to stay organized. Kids benefit from the same kind of support, even from a very young age. When children don't fully understand what's expected of them, frustration often shows up as tears, tantrums, or resistance. Just like adults, these supports help calm the chaos by being clear!

The truth is, children do better when they know exactly *what to do* instead of just being told what *not* to do. **Visual tools**, like photos, drawings, or charts, provide a roadmap of where they are going. Unlike spoken instructions that fade quickly, a visual stays in front of them, helping kids stay on track and removing the back-and-forth arguments.

How to Use Visual Schedules at Home:

Examples:

- **Morning rush:** Steps like get dressed → eat breakfast → brush teeth → put on shoes → grab backpack.
- **Bedtime routine:** Use pictures for brush teeth → pajamas → books → hugs & kisses.
- **Getting in the car:** Break it down—shoes on → grab lunchbox → buckle seatbelt.

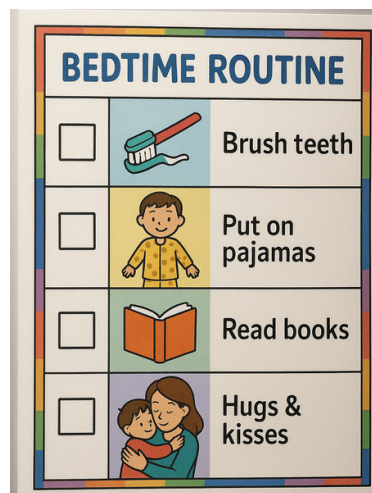
For older children: replace pictures with a simple list or checklist they can follow and check off themselves.

Involve your child: let them help create the visuals by drawing, choosing stickers, or even using photos of themselves doing each step. Kids love seeing *themselves* in the routine.

Mark as done: Encourage them to check off or remove steps as they go. (We all love crossing things off a list!)

The Big Payoff:

Visual schedules reduce power struggles, build confidence, and help kids feel more in control. They also mean **fewer “no’s” from you**, since children can clearly see what's next. And most importantly, they strengthen connection, because when **expectations are clear**.



✨ *Want to dive deeper into setting expectations and building intrinsic motivation? That's exactly what I cover in **Session 2: You Are Your Child's***

GPS inside the [new 4-Part Parenting Series](#). **Launch Special:** \$100 off the full series **PLUS** an **extra 30% off** with code **pc-series-30**.

Dates to Grow & Know 🌱 🌳



Oct 2 - SDPBC Holiday -Fall Holiday

Oct 17 - SDPBC No School -Teacher Work Day

Oct 21 : Blog - The Power of the Do-Over: Embrace Mistakes

Nov 1: Nicole's Monthly Newsletter

🔗 Let's Connect 🔗



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"Parenting is about progress, not perfection. Keep moving forward!"



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