

Calm

After the chaos, busyness and goings on over the last few weeks in this house, this week has all been about trying to calm down and bring things back to normal. Birthdays, parties and family visits is a perfect recipe for hyped up kids.



The children have loved every minute of the excitement that has adorned this house, but all things must come to an end and with children I believe it is important to get back to a routine as a way of calming them down.

We have been focusing on returning to a normal bedtime, getting outside for some fresh air, whilst burning off some of the excited energy that has built up and lots of free play.

This is my solution to calming children down....fresh air, exercise and a good bedtime routine.

A week later and my solution is starting to work, just in time for hubby going away on a business trip!

