

Schedules & Routines

Advice



- **"The first thing we should establish with our children are the hours when we eat, bathe, and sleep. It's advisable that you stick to these times and respect the family schedule on a daily basis."**



- **Remember that establishing effective routines for children requires that you patiently lead by example. It requires a team effort on the part of the whole family.**



Routines help..

- Create independence
- Increase self esteem
- Establish expectations
- Eliminate power struggle
- Increases quality time
- Provide a sense of security
- Help develop self-discipline
- Lowers levels of uncertainty and anxiety
- Adapt to different situations
- Become organized
- Appreciate norms and respect limits
- Reduce stress in transitions

Kids thrive on knowing what they are expected to do each day...a daily routine will help other children feel safe and secure.

Great!..But how...

- Try a checklist or visual schedule
- Talk about your routine (we are...next we will...)
- Stay consistent