

CREATING ROUTINES AT HOME

Having regular routines at home is one easy way to keep children on track for success. It helps them know what to expect at home and from you every day. Routines should have clear expectations or rules. This helps your children build skills so they can begin to do things on their own. Routines also help children build skills to control their emotions. This lets them respond to many types of challenges or changes in life now and as they grow up.

Here are some examples for routines that you could try at home with your children.

Breakfast

1. Get out of bed.
2. Brush teeth and shower.
3. Make the bed.
4. Get dressed for the day.
5. Eat a healthy breakfast.
6. Leave for school on time, every day.

It is important to wake up at the same time, every day, even on the weekend or vacations. This helps keep a regular sleep cycle. Children can take a short nap during the day if they need to rest.

After School

Homework

1. Set aside and turn off electronics (tvs, phones, tablets) until all schoolwork has been completed. Parents, this includes turning your ringer to vibrate. This helps children focus!
2. Sit somewhere comfortable where children won't be distracted. If your child is very fidgety (moves a lot) or gets distracted you can help them get their focus back. Have them do a quick set of exercises (such as pushups or jumping jacks) or dance to their favorite song.
3. Read the homework assignment together. This helps make sure children understand what work they are going to complete.
4. Take a break every 30 minutes to stretch!
5. Check to make sure all work is complete and in their backpack.

Have children to read for 20 minutes every day, even if it is not a part of their homework!

Mealtime

1. Enjoy the time together and put away electronics (tvs, phones, tablets) for the whole meal.
2. Ask your child to help. They can hand you items or get the plates ready. They can also help after dinner. They can wipe down the table or wash the dishes.
3. Ask your child about their day and talk about the good and hard moments.

Kids learn about responsibility when they help in the kitchen – even if they only help in small ways!

Bedtime

1. Help your child pack their book bag and lunch for school the next day. Review if there is a change of schedule for the next day (for example a field trip or if there is a different person picking them up from school). This helps kids prepare for any routine changes.
2. Brush teeth and shower.
3. Put on PJs and set out clothes for the next day.
4. Read together for 15-20 minutes.
5. Turn off all electronics and all lights. Kids can “turn-in” all electronics for the night.
6. Go to bed at the same time every night.

If your child is afraid of the dark, use a nightlight. Leaving on a tv or tablet will make it harder to fall asleep and can wake children up during the night.