

HRL PARENT WORKSHOP: BUILDING ROUTINES AND RITUALS WITH YOUR CHILDREN

Workshop Developer:

Children’s Health Fund

Workshop Description:

This workshop will teach about the importance of building routines with children

Key Points (knowledge to be gained):

1. Learn how two important factors affect your child’s daily life: consistency and predictability.
2. Learn why structure is important at every age, as children grow up.
3. Create or take another look at your family’s household routines and rituals.

Short Term Objectives (actions to be completed during the workshop):

1. Parents will consider their own family’s household routines and rituals.

Long Term Objectives (longer-term actions that we’re aiming toward):

1. Parents will ensure that they have predicable and consistent routines for their children.

Materials:

1. Post-Workshop Surveys

Workshop Lesson Plan: See presentation for additional facilitator information/notes

| Timing | Slide | Actions | Material Needed |
|--------|-----------------------------------|--|-----------------|
| 1 min | Slide 2 | Introduce topic | |
| 5 mins | Slide 3 | Allow participants 3 mins to talk about why routines are important as a large group. Then go through each bullet point individually. | |
| 3 mins | Slide 4 | Mention: These are parts of the day where routines can be established for your child. Building routines around these parts of the day will help children know what to expect each day. If a routine changes on some days, that is okay, but try to tell your child beforehand if you know it is going to happen. | |
| 5 mins | Administer post-workshop surveys. | Ask participants to complete the survey they received at the start of the workshop. Collect the surveys from all participants. | Post Surveys |



Building Routines and Rituals with our Children

Parent Workshop

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Goals

- Learn how two important factors affect your child's daily life: consistency and predictability.
- Learn why structure is important at every age, as children grow up.
- Create or take another look at your family's household routines and rituals.

Why Routines Are Important

When a child has experienced consistent routines, schedules, and expectations in their environment, they:

- ▶ Able to respond positively to changes
- ▶ Easier to soothe and comfort
- ▶ Better able to calm themselves and cope with difficulties
- ▶ More secure in themselves and their surroundings
- ▶ Better able to form healthy, trusting bonds

Facilitator Notes: Read each bullet, then add: “Children who do not have consistent routines and schedules may not develop these important skills, and their behavior may be more difficult to manage. This is another important reason for children to have routines.”

Goals for Routines:

- › MORNING
- › MEALTIMES
- › PLAY
- › CHORES
- › HOMEWORK
- › FAMILY TOGETHER TIME
- › NIGHTTIME

Changing Needs for Routines:

EARLY CHILDHOOD (AGE: 1-5 YEARS)

1. This is the most important stage for building rituals and routines
2. Young children LOVE predictability
3. Children need lots of attention, monitoring, involvement, and praise by caregiver
4. They have a short attention-span
5. Children have limited self-care abilities (e.g. brushing teeth, washing hands, etc.)
6. They are able to do simple chores with few steps (e.g. they can pick up toys)

Changing Needs for Routines:

MIDDLE CHILDHOOD (AGE: 6-13 YEARS)

- 1.Children become more independent from their parents
- 2.They become more interested in peer relationships (peer = child of similar age/ability)
- 3.At this age, children can take an active role in creating their own routines and rituals
- 4.They can also carry out these routines on their own
- 5.Caregivers should stay involved in creating and holding to expectations, and providing support for follow-through.

Changing Needs for Routines:

ADOLESCENCE (AGE: 14-18+ YEARS)

- 1.This can be a challenging age for sticking to family routines
- 2.Most teenagers want to be very independent and make their own routines outside of their home
- 3.Parents can focus on communication and sharing in teenagers' outside routines
- 4.Parents can monitor and support adolescent activities

- “The presence of a stable, nurturing parent or caregiver who provides consistency in family values, routine, and discipline can instill resilience in infants and toddlers and help children and adolescents feel safe. Early experiences of attachment during everyday moments such as diapering, feeding, holding, bathing, eye contact, gentle touch, reciprocal smiling, and talking form the basis for resilience in later life.”

(MALCHIODI, 2008)

Don't overdo.

Be realistic about expectations.

Don't get discouraged.

Hang in there 😊

REFERENCES

Blaustein, M. E., & Kinniburgh, K. M. (2010). Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self-Regulation, and Competency. 94-108.

Malchiodi, C. A. (2008). Creative Interventions with Traumatized Children. *Resilience and Posttraumatic Growth in Traumatized Children*. 291-292.

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Understanding the importance of routines:

| BEFORE THE WORKSHOP | | | | | AFTER THE WORKSHOP | | | | |
|---------------------|-----|--------|------|-----------|--------------------|-----|--------|------|-----------|
| Very Low | Low | Medium | High | Very high | Very Low | Low | Medium | High | Very high |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

How routines change as a child grows up:

| BEFORE THE WORKSHOP | | | | | AFTER THE WORKSHOP | | | | |
|---------------------|-----|--------|------|-----------|--------------------|-----|--------|------|-----------|
| Very Low | Low | Medium | High | Very high | Very Low | Low | Medium | High | Very high |
| 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

| | | | | |
|-------------------|------------|---------|--------|-------------|
| Not likely at all | Not likely | Neutral | Likely | Very likely |
| 1 | 2 | 3 | 4 | 5 |

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

BUILDING ROUTINES & RITUALS

PARENT NEWSLETTER

BUILDING HEALTHY HABITS

GOALS FOR FAMILY ROUTINES DURING THE DAY:

| | |
|-----------|---------------|
| Breakfast | Homework time |
| Mealtimes | Family time |
| Playtime | Dinnertime |
| Chores | Nighttime |

Early Childhood (1-5 yrs)

Children at this age cannot do a lot of things on their own. Make sure you play and read to your kids a lot! Have the same schedule every day so there are no surprises.

Middle Childhood (6-13 yrs)

Teach your child how to follow schedules on their own. Help them build their own routines.

Adolescence (14-18+ yrs)

Talk to your child about their routines outside your home. Let them do things on their own.

SECRETS FOR SUCCESS

Having the same schedule every day can help kids make healthy relationships at all ages!

COOKING CORNER



Rainbow Pizza

Ingredients

- 1 pound of pizza dough
- 1 ½ cups of ricotta cheese
- ½ cup of shredded mozzarella cheese
- 1 tablespoon of dried basil
- ½ teaspoon of salt
- Pinch of red pepper flakes
- Olive oil
- ½ chopped red onion
- 8 halved cherry tomatoes
- ½ chopped orange bell pepper
- 1 cup of yellow corn kernels
- 2 cups of chopped broccoli

Directions:

1. Preheat oven to 450°F while dough sits at room temperature
2. Mix ricotta, mozzarella, basil, salt, and red pepper flakes in a bowl
3. Roll out dough with a lightly greased rolling pin & transfer dough to the baking sheet. Press dough gently to the corners of the pan.
4. Spread the cheese mixture over the dough & arrange the vegetables in a rainbow pattern above the cheese. Drizzle with olive oil.
5. Bake for 15-20 minutes or until the edges are golden-brown.