

Routines

What are Routines?

A routine is a pattern for an activity that is followed the same way each time the activity is done.

Why are Routines Important?

Routines:

- Are helpful for emotional regulation during times of transition between activities or when things are different.
- Provide predictability about what will happen next, helping build safety and security.
- Help children feel safe to explore their world and express themselves.
- Reduce power struggles while teaching positive, responsible behavior.
- Support social skills.
- Help teach self-control.
- Encourage memory and the development of early organizational skills.
- Strengthen the connections between brain cells.



What Can Be Done?

- Maintain routines as much as possible in all situations. For example, keep bedtime routines when spending the night away from home.
- Offer positive words when children follow routines or get through a change calmly.
- Have only two or three consistent caregivers for children.
- Use routines for bedtime, nap time and meal times.
- Spend some quiet time with children each day. Consider reading, crafts, quiet play, or baking together.
- Create predictability by being consistent. Explain to children what the rules and consequences are, and then follow through.

Routines work well for discipline too.

- Correction works best when it is:
 - Predictable.
 - Consistent.
 - Developmentally appropriate (considering the child's age, stage of development and individual needs).
 - Solution focused.
- **Never discipline children in anger.**



MORE INFORMATION



Teaching Your Child To Become Independent with Daily Routines

From the Center on the Social and Emotional Foundations for Early Learning.



Creating Routines