

IMPORTANCE OF SCHEDULES AND ROUTINES

From Disorder:



To Order:



WHAT IS A SCHEDULE?

- The main activities to be completed daily; it's the big picture of the day
- Blocks of time and sequences of activities, such as:

Morning	Lunch
Breakfast	Naptime

WHAT IS A ROUTINE?

- It's the procedures that occur regularly
- The steps done to complete the schedule, such as:
 - For morning - get out of bed, potty/diaper, wash hands, brush teeth etc.
 - For lunch - clean up toys, wash/dry hands, sit at table, etc.

ROUTINES NEED TO BE ESTABLISHED FOR:

- Morning and evening
- Naptime and bedtime
- Meal time
- Quiet time
- Play time
- Getting ready for school
- Greetings and goodbyes

WHY SCHEDULES AND ROUTINES ARE IMPORTANT:

- Provides structure; helps define your day
- Helps you get through your daily tasks
- Creates a calm, predictable atmosphere
- Helps you be more prepared for the day
- Less time needed for providing instructions
- Allows for quality time together
- Offers stability in times of stress

BENEFITS OF A ROUTINE FOR CHILDREN:

- Supports cognitive, social, and emotional development
- Helps the child feel secure, safe, and comfortable
- Increases independence and confidence
- Ensures the health and safety of children, and guides them toward positive behaviors
- Predictability provides positive results
 - Increased self-control
 - Enhances trust
- Helps set up "body clock" for sleep and meal times
- Helps teach expectations and focus on important tasks
- Provides greater freedom for exploring, learning, and playing
- Reduces behavior problems and power struggles
- Makes transitions easier
- Creates a stronger family bond

WHAT MAKES A GOOD ROUTINE?

- Be intentional about modeling and teaching the routine
- Make expectations age appropriate
- Be consistent
- Stay positive - noting the tone in your voice
- Provides a heads up of what comes next
- Use first-then statements such as: "first brush your teeth ... then we'll read a story"
- Include family time (walks together, watching a movie together, reading through a book, etc.)
- Be willing to adjust and have flexibility within your schedule and routine
- Visual aids can be helpful when establishing routines (see next page example)

WEBSITES FOR VISUAL ROUTINE CHART:

<https://mamapapabubba.com/2016/09/10/printable-evening-routine-chart/>

<https://www.vivaveltoro.com/wp-content/uploads/2017/08/kids-evening-routine.pdf>

<https://www.vivaveltoro.com/wp-content/uploads/2017/08/kids-morning-routine.pdf>

https://s3-us-west-1.amazonaws.com/mamapapabubba-media/2016/09/13005238/Evening-Routine-Chart-Mama.Papa_.Bubba_.pdf

<https://www.naturalbeachliving.com/daily-schedule-for-kids/> (visual task cards you can order to make your own chart)

OUR DAILY ROUTINE



Bathroom:

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen



Make bed



Get dressed



Put dirty PJs in hamper



Eat breakfast



Take vitamins



Goodbye hugs



Pick up toys & tidy room



Pack backpack



Put on PJs



Put dirty clothes in hamper



Bathroom:

- Tub time
- Potty
- Wash hands & face
- Brush teeth



Read for **15** minutes



Lights out