

LEAD OUR CHILDREN INTO GREATNESS: HOW TO SET ROUTINES



WHAT ARE ROUTINES

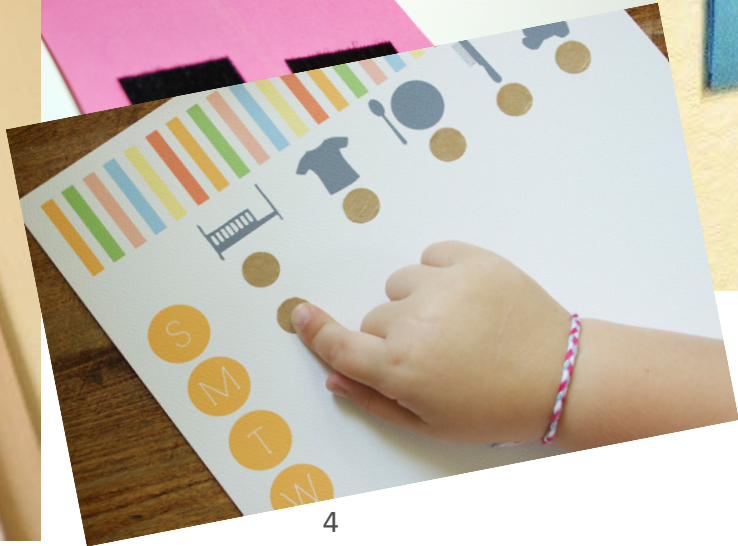
- Routines are patterned behavior. They happen the same way every time
- They contribute stability and predictability to family life & routines enhance a child's wellbeing
- Routines help children deal with stressful events such as COVID-19
 - The stability of routines makes children feel like the chaos of the outside world doesn't affect their home life



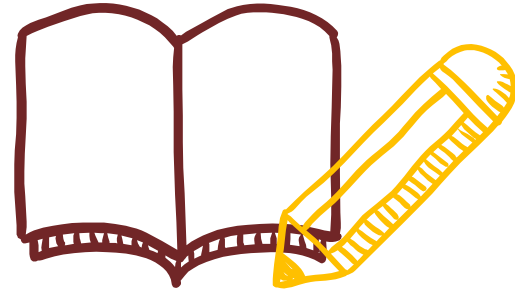
MORNING TIME ROUTINES



- Prepare the night before – incorporate into night time routines
 - Decide what to have for breakfast
 - Lay out clothes for the next morning
 - Go over a plan for the next day
- Get up before your kids. Use this time for your own routines (ex. Shower, make breakfast)
- Make a morning routine chart during the quarantine (next slide)
 - Use pictures when possible, so children learn the order of tasks. This can be a fun project to do together
- Use the “when...then” approach
 - Ex: **When** you brush your teeth & wash your face, **then** we have breakfast



HOMWORK ROUTINES



- Check your child's agenda
- Do it right away!!
- Create a clear space to have a clear mind: Declutter messy rooms with office supplies
- Think visually: color coded notebooks & folders for different subjects
- Sit with them as they do their schoolwork & you do your own work
- Use the weekends: Sunday evening to plan goals for the upcoming week & incorporate small rewards when a task is completed (ex. Watch a movie, bake cookies)
- Establish expectations & set these guidelines with your child
- Model step-by-step organizational habits so that your child learns independence.
Reinforce your child's organizational skills with praise

PLAYTIME ROUTINES

Play is how children learn to interact with the world around them. It helps children develop new skills. Play allows children to:

- Use their creativity and imagination
- Learn how to work in groups, to share, to negotiate, to resolve conflicts
- Practice decision-making skills

Playing with your child allows you to see their POINT OF VIEW and let's them know that you're paying attention, which builds an enduring relationship

Barnett, 1990; Pellegrini & Smith, 1998



MEAL TIME ROUTINES

- Opportunity to learn language skills
 - Narratives, explanation, clarification, cultural rules
- Ability to express themselves and have their opinion heard
 - Turn-taking & listening skills
- Ability to problem-solve
 - Emotional well-being, prosocial behavior, & life satisfaction



Children's mental health improves with each additional family dinner between 1-7 nights per week. So make time to eat together

BEDTIME ROUTINES

Cue children for falling asleep and associate pre-bedtime with the upcoming sleep period

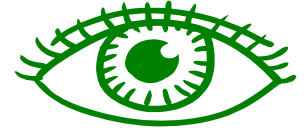
- Getting ready for morning
- Changing into sleep clothes
- Brushing teeth
- reading a story
- Having soft lighting
- Getting good-night kisses



**Kids aged 3-5 =
10-13 hours of
sleep**

**Kids aged 6-12 =
9-12 hours of
sleep**

SCREEN TIME ROUTINES



< 2 years old

Screen time is not recommended

2-5 years old

Maximum of 1hr/day of screen time is recommended

> 6 years old

Maximum of 2hrs/day of screen time beyond what is necessary for school

Only 15%

Of preschoolers met these guidelines



54%

Of teens say they spend too much time on their phones

SCREEN TIME RECOMMENDATIONS

- Set media free time (ex: dinner time; driving) & media free locations (ex: bedroom)
- Charge devices in common rooms
- Replace screen time before bed (ex. Brush teeth; read a book; look through tomorrow's agenda; plan outfits)
- Plan fun family activities to replace screens (ex. Board game night; Taco Tuesday)
- Talk about quality vs. quantity screen time
- Co-viewing with your children (watch your child's favorite show together & ask questions about content)

Role Model: Lead by example

When I'm Screen Free I Can...

unplug and play, imagine, create, explore, and spend time with family and friends

read
observe
search
with my eyes

discover
listen
with my ears

What Can you do today?

write
paint
clean
draw
cook
throw
dig
explore
with my hands

swing
slide
climb
experience
plant
imagine
with my body

jump
run
walk
kick
with my feet



TEACHABLE MOMENTS & REPAIRING RELATIONSHIPS

- Model appropriate behaviors
- It's okay to make mistakes. Admit your mistakes to your child and use them as **teachable moments**
- Use real-life situation to talk about the importance of kindness
- If you realize you may have misspoken, make sure to **repair** the relationship. Ask for a do-over → “What I should have said was...”
- Have regular **check-ins**



HAVING SUCCESS WITH YOUR CHILD: AN OVERVIEW



Use this checklist as a guide

1. Wait to deal with problems until you have **cooled down**
2. Help your child learn **how to deal** with difficult situations & solve problems
3. Help your child understand what **the rules** are
4. Let your child know what **the expectations** are
5. Be **consistent** with expectations & rules
6. Spend **fun time together** as a family
7. Give **compliments** and special rewards
8. Have regular **time for homework**
9. **Stay in touch** with your child's school team
10. Encourage age-appropriate **household tasks**
11. Be **supportive** of your child
12. Let your child know that **you are proud** of them
13. Try to see things from your **child's point of view**
14. Give **hugs**
15. Say, **"I love you"**

