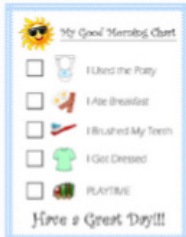


Parenting Strategies: Routines

Adapted from ZeroToThree.org

Supporting Families during Covid-19

Create & Keep Routines



Consistent routines: activities that happen at about the same time and in about the same way each day, provide comfort and a sense of safety to young children. Whether it is time to play, time for a snack, a nap, or a loved one to return, knowing what will happen next gives young children security and emotional stability. If you can create a visual schedule for the child, that helps to anchor their understanding.

Routines Create Healthy Habits

Routines create habits for health and safety by helping children practice positive, responsible behavior. The more you practice, the more it is just a part of life. For example, when children wash hands before they have snack, or must hold an adult's hand when crossing the street, they learn those habits, and it's less of a battle each time.



Routines help build patience



Depending on your child's temperament, waiting for a caregiver's attention, while they are working-from-home can be challenging. Routines (like knowing, "After the timer goes off - I get a 15 minute play time with my parent".) can help make waiting more possible. It also builds patience.

Routines help transitions

Depending on your child's temperament, transition may be difficult (e.g. Going from play to lunch). Routines can help make transitions easier, because the child knows what to expect. Some parents use a "5-minute warning" to prepare their toddlers, but always discuss the plan of when they will be moving to the next activity.



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