

Importance of routines



Linda Parry – Parent Support Advisor

If you are struggling with getting your child to bed, or to school on time do we need to look at setting up a routine?

Routine and having purpose, something to aim for or achieve is important for you and your children's physical, emotional and mental health.

Why are routines important?



- Routines can reduce pressure at home
- Routines can stop some arguments at home
- Routines reinforce expectations
- Routines can help children control and manage their behaviour
- Routines can support everybody at home
- Routines can help your children learn expectations as they grow and develop



Younger children may become more demanding and attention seeking. This can become frustrating for the parent who can escalate, become withdrawn, feel isolated and potentially shut down. Long term this may have a negative impact on you and your child's relationship. Routine, having a plan can support home life especially if that stress is getting to school/bed on time.

Tips for routines:

- For example, getting to school on time: Let the children know the expectation. The time they have to be out of bed, breakfast time, dressed ready for school. Use a chart for younger children.
- Initially remind the children daily of their expectations of being out of bed, breakfast, dressed etc.
- Ensure you have an expectation on technology so children do not access constant screen time before they are ready for school (TV, iPad, computer, phones). Having screen time when ready can be the reward for following the routine.
- Use praise, reward, remind them how well they are doing. Remember what we pay attention to we will see more of.
- Write up the routine, make a chart, otherwise tiredness, arguments and frustrations may interrupt your resolve for routine.
- Reward/ consequence of following the routine – such as praise and screen time if on time -v- no screen time that morning.