

## **Setting Positive Routines**

- Routines help children make sense of the world. Predictability is reassuring, and patterns help to facilitate learning and recall.
- A healthy routine is a **consistent** routine. Don't make too many changes!
- **Attendance** is part of your child's routine. Our program involves active participation in hands-on activities. These experiences cannot always be made up at home.
- **Avoid lateness**- it is very disruptive to classroom routines and your child's day.

## **Suggested Morning Routines**

- Try to have your child eat a healthy breakfast.
- Pack a healthy, low sugar snack in a brown bag, separate from lunch. Make sure to include water.
- Encourage good hygiene, such as hand washing after meals.
- Teach your child to be responsible for his/her backpack and jacket.

## **Suggested After School Routines**

- Check your child's backpack and folder each day.
- Offer a healthy snack and lots of water.
- Consider limiting after school activities to 1 or 2 per week as some research studies show that children are "stressed out" by being over-scheduled.
- Play relaxing music for your child.

- Limit television and avoid programs and games that promote violence.
- Provide time for your child to play outdoors and get fresh air.

### **Suggested Nighttime Routines**

- Select age-appropriate television shows and/or video games; avoid high action content close to bedtime.
- Bath time can be relaxing before bedtime.
- Encourage good hygiene, such as brushing teeth.
- Read with your child 15 minutes each night.
- Encourage your child to pick out his/her outfit for the following day.
- Try to set a bedtime by 8PM. Children benefit from a good night's sleep.