

The Positives of Routines

For this activity you will need:

- Time
- Reflect on yourself and your children
- Paper and pen/textas
- What's working well ?
- What could work better ?



Why are routines important ?

Routines are important for everyone; you may have had to change some or even many of your routines with the impacts and changes we have all been adjusting to recently, due to the COVID-19. Children feel safer and more secure when their home is predictable and for parents and carers,

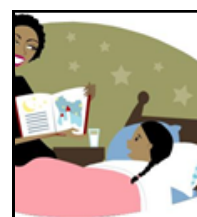
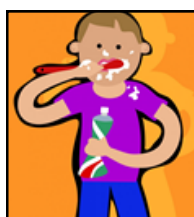
Night time

An example of a night time routine; for younger children, pictures work well:

* you could take your own pictures and use those. Children love seeing themselves and their own things !

1. Bath or shower
2. PJ's
3. Toilet/Potty
4. Clean teeth
5. Story in Bed
6. Go to sleep

You may add times and more steps for older children. Routines can be set for any part of the day to create structure.



Let's talk..

Qs - What are the things we do each day? What comes first, next... last? Let's record our routine in words or pictures.

Extension - The Raising Children website is a wonderful resource where you will find a wealth of information about many topics. <https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-routines>

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au