

# Routine MATTERS

Why PREDICTABLE is GOOD and how to create (and stick to) routines!



## WHY Routines?

We all thrive with routine – it makes sense of and organizes our day. Predictable routines don't need us to think – we just do! How often have you brushed your teeth without realizing it, or started to turn home when you were headed somewhere else? Routines also lead to creativity, productivity, and a sense of accomplishment.

Routine is very important for children because knowing what comes next gives them a sense of control over their day.

In times of crisis, routines are key to individual and family resilience, stress management, and well-being.

### Bedtime Routines =

Better sleep  
Better family function

### Family Routines =

Better social skills  
Better learning

### Exercise Routines =

Better weight  
Better physical health  
Better emotional health

## Ready for Routine

### Tips for Parents and Kids

- Make one or two changes at a time.
  - Too many changes will be frustrating; slowly building a routine makes it more successful.
- Make your most valued changes **FIRST**.
  - What's important to you is easiest to start and stick with.
- **ALWAYS** try to have something you look forward to in your day.
  - It keeps you motivated and engaged.
- Make a daily schedule or to-do list, or set calendar reminders.
  - Like a grocery list, we all remember better when we see it.
- New routines take six weeks or more to be automatic.
  - The more important or natural to you, the faster it's routine.
- Mix it up occasionally.
  - With routines, a simple change feels like a big refresh.

### Potential Sample Schedule – YOU DO YOU!

AM	PM
➤ Wake up and start your day <ul style="list-style-type: none"> <li>◦ breakfast/music/snuggle</li> </ul>	➤ Get outside/play
➤ Review your schedule	➤ Exercise
➤ Mindful moment	➤ Dinner
➤ Learning/work time	➤ Be social!
➤ Lunch	➤ Wind down/bedtime read/take a bath/meditate

#### Sources:

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