

Routines

Why are routines for children important?

Most of us follow routines in our daily lives, this helps us to make sense of the day, to keep anxieties at bay, to create good habits and stop habits that are bad for our health and wellbeing. Routines are much more powerful than just the daily task as they help your child to understand relationships and repetition which can improve their confidence, curiosity, social skills, self-control, communication skills and more.

Children thrive on routines as there is so much that is new in your child's world every day, by making things predictable this is comforting for them. Knowing what to expect reassures your child and this gives them confidence to carry out tasks independently.

Additional Information

What your child learns from having routines in place-

1. Organisation- Children who are introduced to routines earlier are more likely to develop better organisation skills as they grow.
2. Understanding what comes first, and what comes next.
3. Creates independence- when your child knows what happens in their daily routine they will begin to follow and attempt to do this e.g. brushing teeth after breakfast
4. Builds confidence
5. Teaches structure
6. Helps to establish good habits e.g. reading a book every evening before bed
7. Helps develop self-control and patience.
8. Offer stability - Help to build strong family bonds, by having a time of day you spend together will help to create fun memories.
9. Prevents meltdowns
10. Getting more things done throughout the day- The simple reason for this is once established, routines save time, and that helps check more items off your to-do list, including self-care for you.

If you feel that your child needs support within your daily routine please speak to me and we can find a way which could support the transition, the best way to contact me is by email- cbrown@norcot.reading.sch.uk or phone- 07483368773, if I am unable to answer you call please leave a voicemail and I will get back to you as soon as I can.