

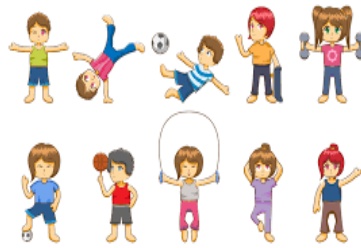
Family Routines

Routines make life easier for parents and children. Aim for creating structure with flexibility. Everyday activities should follow a predictable pattern.

Dinner social time



Everyday Energy Output



Getting Your Rest



Safe and Secure: Children feel safe and secure when they can predict what will happen next.

Trust: Children build trust when people who care for them follow a dependable routine.

Good Health Habits: Routines for sleep, eating, and exercise help children to learn to look after themselves.

Parents Benefit: Necessary chores get done and family tasks will run more smoothly.

Routines fulfill the needs of all family members for: physical exercise, social connection, intellectual stimulation, and emotional needs for comforting and connection.

Routines Evolve: as needs change as your child grows and develops new capabilities and responsibilities. Routines should match the individual temperaments and preferences for all family members.