

Daily Routines

Benefits of routine:

Routine establishes so many aspects of healthy living, good habits and good behaviour in day-to-day life. There are many positive effects for establishing strong routines for children:

- Routine gives children a sense of organisation, stability, safety and comfort
- Routine helps children to develop better behaviour and some sense of personal control
- Routines such as bathing, brushing teeth & a set bedtime can help establish good personal hygiene, health habits and restful sleep
- Routines that include involving children in age-appropriate household chores, establishes responsibility and good family relationships

Routines should be:

Achievable * Realistic * Age appropriate * Fun

* Consistent – remember it may take your child up to a month to get used to your new consistent routine

Example of a Routine:

The following routine is a guide only and you will need to take into account your own family's individual needs. However there are important key elements of making a routine. These include: waking, learning, play, mealtimes, relaxing, love and appreciation, hygiene, sleep and safety.

Time	Activity
08:00 – 08:30	Parent wakes up – have 30 mins to yourself
08:30 – 9:00	Parents and children sit at the table and have breakfast together
9:00 – 9:30	Wash, brush teeth and hair and get dressed
9:30- 10:45	Focused play with adult modelling how to extend play and encourage concentration
10:45-11:15	Snack - eg crackers, cheese, rice cakes, wholemeal toast, boiled egg or fruit
11:15-12:15	Outdoor activity and exercise: go to the park, paddling pool, shopping, football, cycle or walk. Use this time to chat, allow children to lead the conversation as appropriate
12:15-1:15	Lunch – sit at the table with the family, as this is a social activity. Enjoy preparing and eating the food together
1:15-2:30	Child-led play, boundaries will need to be set at the beginning to manage expectations. Older children may want to connect with friends at this time
2:30-3:15	Learning / school work / research websites. Time for parent to give child full attention. 1:1 time if possible
3:15-3:30	Snack – eg crackers, cheese, rice cakes, wholemeal toast, boiled egg or fruit
3:30-4:30	Relax together, watch a movie / children's TV or read a story together
4:30-5:30	Independent play in a safe area. If children are using electronic devices these must be monitored for safety. Always give a 5-10 min warning to finish play before meal times
5:30-6:30	Tea / Dinner - sitting at the table with family. Enjoy preparing and eating the food together and encourage the children to help to clean up
7:00-7:30	Bath time / shower and relaxing
7:30-9:30 (age dependant)	Story then allow children to fall asleep and to self-settle. Older children may like audio books or relaxation Apps



Parent support - have your say via Survey Monkey:

All parents/carers:

<https://www.surveymonkey.co.uk/r/HZH285N>

Parents/carers of children with additional needs:

<https://www.surveymonkey.co.uk/r/Y653XVH>

For further information about the parenting support available in Solihull, please contact the Parenting Team via email to bsmft.parenting@nhs.net