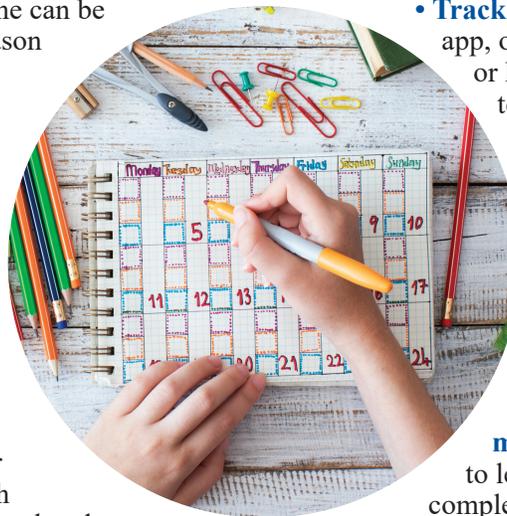




## THE importance OF ROUTINES

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Establishing and maintaining a routine can be daunting, particularly as the school season approaches. Both children and parents have grown accustomed to staying up and waking up later. While getting more sleep is always a good idea, it is crucial to maintain a stable routine that works for everyone in the household. Here are some helpful tips for creating and sticking to a routine that both adults and children can benefit from:



- **Begin with small steps:** Start a couple of weeks before school or when you intend to achieve your routine goal. In addition, begin with smaller achievable portions of the goal and confirm that they are working effectively before adding in more. Establishing big routine goals can be pretty overwhelming to sustain.
- **Consistency is key:** Do your routine activities at the same time every day, including on weekends. This helps your body and mind know what to expect.
- **Be prepared:** Take some time to get things ready ahead of time, like setting out clothes or preparing lunches. This can help reduce stress during the day.

- **Track your progress:** Use a calendar, chart, app, or journal to keep track of your progress or help kids understand what they need to do next in the routine. This can help reduce confusion and make it easier to remember what needs to be done.

- **Make it enjoyable:** Don't forget to add some fun and rewarding elements to your routine! Make time for relaxation or play, and consider using tokens or rewards to motivate kids to stick with the routine.

- **Keep developmental stages in mind:** Children may need more time to learn routines and may not be able to complete all elements in a timely manner.

Make sure your routines and goals are suitable and achievable for their age range.

- **Remember:** It takes 3 to 9 months to establish an automatic habit, so be kind to yourself and your children when attempting to implement a routine.

A routine helps to reduce stress, increase productivity, and improve overall well-being. Utilizing these steps allows you to create a routine that works for everyone in your household. Remember to be patient and kind to yourself and your children as you work towards establishing a routine. With time and perseverance, you will achieve your goal. Good luck!