Routines

Guidance for Parents and Carers

Routines are important for people of **all ages**. They provide us with **structure** and **reassurance**. Having **control** over our own routines provides us with some certainty and a **sense of safety** during these unsettling times. As parents and carers, having a routine can help you feel more **organised** when life is busy. They can help us to feel more **efficient**, and able to take on the day with a clearer head.
Having a family routine can help you **bond**, and children and young people with a chance to **learn skills, foster independence, understand expectations and boundaries,** and develop **healthy habits**.

Focus on the basics and what **needs** to be done such as mealtimes, bedtimes, work/school work and household jobs. Time these to make it easier to slot them into a schedule.

Remember to factor in **free time** and **down time** during the day. We all need alone time, and time to be "off schedule" for our own wellbeing and independence.

Be flexible. It's okay if things don't "go to plan" or you meet resistance. Practice **self-compassion**. Remember you're the parent/carer, not the teacher. Try to **focus on the positives** and remind yourself that things won't always go perfectly.

Use pictures and other **visual methods** such a **visual timetable**. For younger children, try making them bright, colourful and somewhere they can see it! **Teenagers** can create their own checklist/routine to suit their own interests and give ownership.

Work together as a team when talking about routines. Have a discussion as a family about what the routines should look like. Let your **child's voice be heard** so they feel understood but set goals and expectations.

Parents and carers need a routine too! How do you organise your day? What keeps you on track? Remember, you cannot pour from an empty cup - helping ourselves is part of helping others. Lead by example and try to keep things consistent.

More tips and advice

- ★ Parents' Guide to Routines for Kids
- ★ Creating Structure and Rules for Your Child
- ★ 5 helpful tips for establishing a daily routine
- ★ Parenting during the coronavirus outbreak
- ★ Creating a family routine during self-isolation
- ★ Teenager tips for creating a routine during self-isolation
- ★ Home schedules and children (COVID-19)
- ★ Home schedules and teenagers (COVID-19)

Want to get creative?

DIY Routine Board
Printable blank schedules
Free visual home routines from Twinkl

Prefer things online?

*Try free apps like **Cozi**, **OurHome** or **FamilyWall** to help keep your family organised, together*