

Establishing Routines

There are many benefits to establishing routines in your family's life. Some of them include:

- They help children remember to do things almost automatically, and without getting sidetracked or making mistakes. Daily activities such as dressing, getting packed for school, and preparing lunches, when they become part of the daily pattern, can become streamlined and performed without power struggles.
- They reduce anxiety and stress for your child, and therefore the whole family. Anyone who has a bedtime routine knows how this system can pay off (and are reminded when the routine is bypassed!).
- They help children who have difficulty getting organized or often lose things. If the routine is to leave school items in a particular spot, for example, this reduces the frantic search at departure time.
- Routines help your child become more independent and self-managing. And therefore,
- They help reduce parental nagging , especially with children who have trouble remembering instructions.