

# CREATING A ROUTINE:

Creating the best routine for your unique family:

## **Baby-led routine:**

When it comes to caring for a baby, our routine needs to work around the baby's needs. This is a stage we all go through as we raise our kids.

## **Parent-led routine:**

Our needs matter & need to be considered as parents AND we also need to find the right balance with considering our children's needs as well.

The goal is to create a **Family-led routine**, where everyone is taken into consideration as much as possible.

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Creating the best routine for your unique family:

**Write down the daily routine you'd like that is consistent for each day of the week.** This is an example of what it can look like: (of course, it can vary depending if parents work & kids go to school etc.)

Tackle one part of the day & slowly add to it when you feel everyone is ready. Here are some things to think over:

- Is it important that your family have meals together? If so, which one? Breakfast, lunch, dinner?
- Is it important for your family to go outside for fresh air daily? Physical activity?
- Are the multiple extracurricular activities adding more stress or benefiting everyone involved?
- When is the most challenging time of day & how can implementing a routine help the family unit? (For example, if kids come home starving from school & they need to wait for dinner & it's extremely hard for them and us - we might want to start doing each dinner the night before so it's already ready for each day which can reduce the stress around dinner time.)

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Tackle one part of the day & slowly add to it when you feel everyone is ready:

## MORNING ROUTINE:

- Bathroom
- Brush teeth
- Make your bed
- Get dressed
- Breakfast

## EVENING ROUTINE:

- Dinner
- Bath
- Pyjamas
- Brush hair
- Brush teeth
- Read books
- Bathroom
- Bedtime

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We then want to create our **weekly** routine. Write the things that are unique to each specific day of the week.

Things you might want to consider adding:

- Weekly meetings.
- Weekly activities
- Main activities
- Chores for each day

**Here's an example:**

**M**

Laundry. Basket Ball. Vegetarian for dinner.

**T**

Clean bedrooms thoroughly. Piano lessons. Chicken for dinner.

**W**

Clean out the fridge & Grocery Shopping. Tacos for dinner.

**T**

Laundry. Pizza/Dairy for dinner.

**F**

Clean living space thoroughly. Visit the library. Fish for dinner.

**S**

Clean Bathrooms thoroughly. Laundry. BBQ for dinner.

**S**

Grocery Shopping & change bed sheets. Piano lessons. Take out for dinner.

# COURSE 19: Creating a Family Routine

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**T**

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