

CREATING A ROUTINE:

Is having a routine important?

A routine provides:

- A **structure to our day**, where we make sure to do the things we need/want to do
- It can help children **know what to expect**. Which can feel more secure to a child (less guessing & possibly reduce anxiousness).
- It can **reduce stress**/nagging because things are put in place for things to run smoothly
- It can help to make sure **we have time** to connect & have fun

A schedule is when everything is within a certain time frame, different from a routine. Think of a person's work schedule or a child's school schedule where there are times for meetings/classes etc.

When doing a routine, **it's a series of things that take place in a predetermined order** on most days. Sometimes, schedules and routines are intertwined when we need to be on time for school/work etc. We can also have certain days where certain things take place. For example, every Friday, we hang out at the library - it's part of our weekly routine.

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It can include things we'd like to accomplish daily. For example going outside once a day, doing some physical movement once a day and creating a **rhythm to our days and weeks.**

If this feels more stressful to you, then this may not be something that you will benefit from. On the other hand, implementing a routine in our lives is supposed to feel good. It's supposed to feel like we have a structure and a system in place, and sometimes this isn't helpful or beneficial to everyone. We each have unique family dynamics with various things to take into consideration.