

## Creating a Routine

Routines create a sense of security and stability, they make the environment around us more predictable and help us to understand what is expected of us.

School provides a form of routine with clear boundaries, expectations and consistency, that help children to know what to do throughout the day. It is important that routine continues in the family home.

Creating routines in the family home can help your child to feel safe, challenge themselves to try new things, learn new habits and behaviours, and to understand boundaries, consequences and rewards.

It is important to develop and stick to routines during challenging times to provide your child with consistency and help to reduce their anxiety.

A good routine includes important activities such as homework and chores, as well as having plenty of time for playing and fun! Follow the tips below to develop a great routine for your child, or even better, create a routine with your child!



Start by making your schedule look fun and exciting!

Use coloured paper, add drawings, cut out pictures, or use stickers!



Include time in your schedule for meals, school work, chores, resting, play, and what time you will go to bed and wake up each day



Break down difficult tasks into smaller tasks throughout the day. For example break a project into smaller tasks, and allocate each task to a different time in your schedule.



Put your routine somewhere that everyone can see it, maybe on the fridge



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