


The Importance of **Building a Healthy Routine** for Children





“The Secret of Your Future is Hidden in Your Daily Routine”

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Building routines with children helps them to feel safe. It provides them with clear boundaries, expectations, and consistency. The more children do for themselves, the more capable and encouraged they feel. Children stay calm and cooperate when they follow a routine. A set schedule could be a secret weapon of success and mental health.

 **Routines help children to become responsible and punctual.**

 **Routines can bring parents and children closer together as they work together and follow a daily plan.**

 **Routines can reduce power struggles, stress and anxiety and add clarity in the children's minds.**

Benefits of following a Routine

■ Routines are an important opportunity for learning

Daily routines are precious opportunities to boost child's learning and development, while inspiring fun and pleasure. Routines provide the chance to build self-confidence, curiosity, social skills, self-control, communication skills, and much more.

■ Routines help children cooperate:

Routines help by reducing stress and anxiety for everyone. They know what is coming next, and never feels pushed around.

■ Routine builds independence & confidence:

When children follow a routine, they will learn timing (when to do what) and take pleasure in knowing what they are supposed to do at any particular time. Accomplishing tasks in a timely manner enhances children's self-confidence. Instead of being dictated to do things, children learn to become independent by following a routine. They feel empowered and independent and thus are less likely to have behavioral problems.

■ Following routines establishes healthy and constructive habits:

Children who follow healthy routines can manage their time better. They understand the importance of work time, play time, family time etc. As they grow up, they to become self-disciplined and develop healthy habits such as studying, cleaning their room etc.

■ Routines builds a sense of safety and stability in infants and toddlers:

Consistent routines provide comfort and a sense of safety to young children. Whether it is time to play, time for a snack, time for learning or a nap, knowing what will happen next gives toddlers security and emotional stability. It helps to build trust that adults are caring people. When children feel this sense of trust and safety, they are free to do their “work,” which is to play, explore, and learn.

■ Routines help children cope with transitions:

Transitions between activities may be easy for some children and difficult for others. Going from play to lunch, or from play to school or from play to bed can be challenging and tricky. Following a daily routine enables children to go through these transitions smoothly.

■ Routines create an opportunity for children to be excited about their day:

Children following a daily routine, gradually start looking forward to their daily activities. They are excited about the daily plan, and look forward to the upcoming events like playtime, class time, lunch time etc.