

## Further support or information

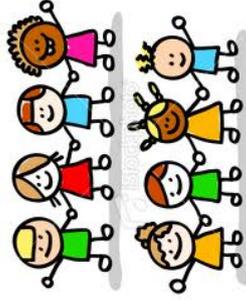
If you are having trouble with your child's routines and would like any further support then please ask and we can put you in touch with our Family Support Advisor.

Useful Websites include:

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.parentchannel.tv](http://www.parentchannel.tv)

[www.bbc.co.uk/schools/parents](http://www.bbc.co.uk/schools/parents)



This leaflet has been put together by the White Horse Federation's Family Support Team.

We can provide support and assistance with a number of issues including:

- \* Support with your child's behaviour
- \* Links to other professionals who may be able to support your family
- \* Links between home and school
- \* A listening ear and support at the times when family life gets tough
- \* Support with financial or housing issues

If you would like to arrange to meet with a Family Support Advisor, please ask your school for more details.

# Your child's routines, and why they are important.



**CEFNOGAETH I'R TEULU  
SUPPORT FOR FAMILIES**

# Why are routines important?

Routines are vital for children to feel safe and secure. For most of us, including adults, fear of the unknown is one of the biggest fears there is.

Children are constantly facing the unknown with changes to their world which range from tiny (new vegetables on their plate, growing out of favourite clothes) to huge (moving house, new school, parents separating.)

Children are more able to cope with these constant changes and challenges if they happen within a consistent and secure routine.

Routines also help children prepare for later life. They teach them to be organised and disciplined with things like homework, they develop good personal hygiene routines and they promote good eating and sleeping habits which are vital for good health.

## Routines can support a happier and less stressful family life.

When children are in a consistent routine it eliminates the need for the parents to be the 'bad guy' by constantly nagging their child to do something. Any request stops being something unreasonable in the child's eyes, as every task (brushing teeth, tidying up etc.) just becomes 'what we do' at this time of day.

Routines also help children to become more independent and take responsibility for themselves. Children love the feeling of being in control of themselves and routines mean that they know what is expected of them and can carry out these tasks independently.

Routines can support transitions as children know what positive things they have to look forward to.



Routines help parents be more consistent which is so important for managing children's boundaries and behaviour.

Routines help children get into a good schedule for getting to bed, which means more sleep and a happier, more cooperative child.

Routines can help eliminate the rush and stress of getting out of the house in the morning with children, bags, lunches, P.E. kit etc.!

## A visual routine can be really useful if your child finds certain times of the day difficult, such as: getting ready for school, completing homework or getting ready for bed.

7am	An illustration of a person sitting up in bed, looking awake.	Wake up and get out of bed
7.15	An illustration of a person sitting at a table eating breakfast.	Choose your breakfast and eat it.
7.45	An illustration of a person brushing their teeth in a bathroom.	Brush teeth and wash face
7.50	An illustration of a person standing in front of a wardrobe, getting dressed.	Get dressed
8.00	An illustration of a person brushing their hair.	Brush hair
8.05	An illustration of a person packing a lunchbox.	Pack bags and get lunchbox and drink ready by the door
8.15	An illustration of a person putting on their shoes.	Get shoes and coat on
8.20	An illustration of a person walking towards a school building.	Walk to school

You might like to think about making a chart like this with your child. You could sit down together and decide what things need to be done each morning or evening and make a list. You can then either find pictures online, draw pictures together or take photos of your child doing the activity and use these.