



PELE Center Family Communication & Resources

Session 2 Building Positive Home Routines

This session provides information and resources to help families and children better understand the importance of Building Positive Home Routines. With the current health crisis, changes in routines can be stressful for all of us. Routines are important to everyone, but are really important to young children. The routines we establish for children help them learn new things, including positive behavior expectations, self-control, social skills, emotional regulation, how to handle stress and anxiety and resolve conflicts. More importantly, routines give children a sense of security and control over their environment. During home routines, children learn what to expect during various times of the day and how they have control over the environment.

<https://youtu.be/98c9MWER080>

First Steps

- Provide Expectation
<https://www.cdc.gov/parents/essentials/structure/index.html>
- Establish a consistent daily routine
<https://youtu.be/JPEm7khwoKk>
<https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>
 - Identify important times of the day
 - Consistent - Happen same time
 - Predictable - Happen same way
 - Balanced
- [Daily Routine.pdf](#)

How Families Can Use This Information

- Provide normalcy
<https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>
 - Time to get up
 - Time to get dressed
 - Meal times
 - Play times
 - Down times
- Provide specific task
https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_routines_plan-activities.pdf
 - Provide visuals routines
 - Provide written words to label/describe routines
 - Provide opportunities for conversation and interaction with children
 - Include children and ask them how their routines could be changed, extended or improved;
 - Provide for opportunities to challenge children
- Provide Learning within routines
<https://sesamestreetincommunities.org/topics/routines/>

Follow Up Support

- Reassure families that you are there to offer continued support
- Answer questions that families might have about these resources
- Assist families that may need additional support
- Set up online video conferencing opportunities