



REGULATION THROUGH ROUTINE

Remember the "magic of the rhythms, is in the process, not the particulars."

- Kim John Payne, *Simplicity Parenting*

Routines help us to create predictability (rhythm) in our life, which creates a sense of security for our children. Here are some things to consider when establishing routines.



WHY ARE ROUTINES IMPORTANT?

- Creates a sense of security when there is predictability to our days and weeks.
- Helps develop self-discipline.
- Develops a mastery of handling daily life.
- Builds the skills to manage ourselves and our environment.



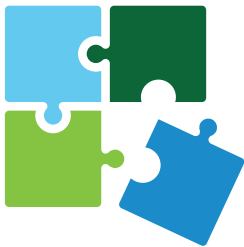
WHAT IS CONSISTENT EVERY DAY OR WEEK?

Look at daily activities that are already happening in your home.

What activities are consistent from day to day? (ie/ Do meals happen at the same time of day or in the same area of the house?)

Are there activities at bedtime or in the morning that are consistent from day to day?

FIND WHAT WORKS FOR YOUR FAMILY



WHAT WILL HELP WITH OUR RHYTHM/ROUTINE?

- Quiet time and unstructured free play are important part of a child's day.
- After lunch might be a good time to build in some quiet time and reading.
- Movement breaks throughout the day are important.
- Setting up invitations for play at a similar time every day can help establish free play as part of a daily routine.
- Make time for your family to connect. Take a walk, do a puzzle, play a game, read a book, colour, draw, or go outside together.

TALK TO YOUR CHILDREN ABOUT WHAT THE DAY OR WEEK WILL BRING. THIS WILL HELP TO BUILD PREDICTABILITY DURING UNCERTAIN TIMES.



WHAT TOOLS CAN HELP?

- Visuals can support routine and predictability.
- To-do lists can help.
- Daily routines can look different from weekday to weekend.
- Timers and clocks.

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Inclusive Education: Promoting a Sense of Belonging for ALL Learners