



FIVE FOR FAMILIES IDEA

Create Daily Routines

Children feel more confident and cooperative when they know what to expect. Adding structure to your day can prepare kids for transitions-like bedtime-and help you both move more smoothly through the day.

Schedule it: Set times and an order to activities like meals, naps, homework or bedtime. Offer older kids choices.

Share it: Tell your kids the plan, step by step.

Display it: Posting a chart or a list on the wall can be a helpful reminder, both for you and for your child.

Prep for it: Alert kids a few minutes prior to starting a routine to get them ready for a change.

Stick with it: When you get off track, try again.