

Positive Parenting

Preschool - Ages 2.5 to 4 years



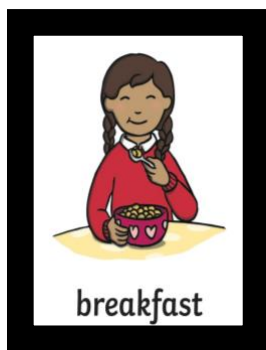
Daily Routines

Why Are Daily Routines Important?

- Children know what will happen in their day and what will be expected of them
- Sleeping and eating at the same time everyday improves the quality children's sleep and eating
- Routines make children feel safe and secure because it makes their day predictable

How Can You Create Routines at Home?

- Set routine times that work with your daily schedule so that it is easy for you to follow. For example, daily television time might happen while you cook a meal.
- Be consistent. The routine and expectations must be the same everyday
- Use first/ then language, “ First we will tidy up the toys, then we will have snack”



Pictures can help children understand routines and expectations

For more information on Routines in Different Languages:

<https://cmascanada.ca/2018/05/15/creating-routines-for-your-child/>