

## Truro Nursery School

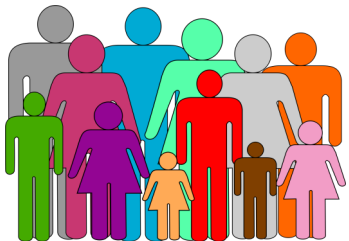
# The importance of routines

Children need routines—it makes them feel safe. When children can predict what is happening they feel comforted.

Parents and carers need to be the ones who encourage these routines and support their children to stick to them. Children learn healthy habits and skills through routines.

Parents/carers can find it hard at first to establish routines but the hard work definitely pays off!

Once children have developed routines such as cleaning their teeth, going to bed, picking up their clothes, taking their plate to the sink etc etc these activities become less of a battle later on.



## Top Tips for parents and carers

- Parenting is one of the toughest jobs going!
- No one gets it right all the time—be kind to yourself
- Give children a choice—would you like to put your pj's on first or clean your teeth—this gives children a sense of some control over their actions.
- Use a visual sequence (we use these at Nursery) you could cut out pictures or take photos of the activities you want a child to do e.g. bathtime, story, sleep. The child can then follow the sequence to help them with the routine.
- Stick to them! Routines are useless if they only happen from time to time. But be flexible if you need to be e.g. you are really tired tonight lets skip the bathtime.
- Implement the routines which will make your life easier—what is important? Going to bed before 7pm? Cleaning own teeth? Washing hands after the toilet? Work on one or two at a time.

## Further links and information to help

[Tiny Happy People - Routines with kids \(bbc.co.uk\)](https://www.bbc.co.uk/parenting/mental-health/mind)  
[Parenting and mental health - Mind](https://www.mind.org.uk)

[Routines and boundaries | Barnardo's Family Space \(barnardos.org.uk\)](https://www.barnardos.org.uk)

Get more help:

You can request all sorts of support from the Early Help Hub

[Early help - Cornwall Council](https://www.cornwall.gov.uk/early-help)

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