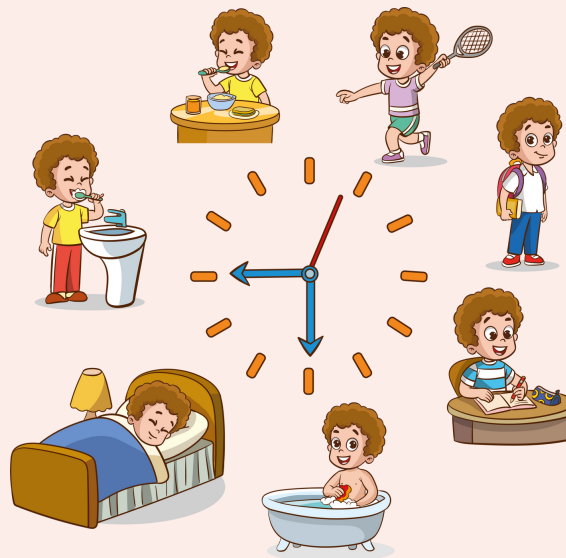


THIS WEEK'S TOPIC IS PREDICTABLE ROUTINES

Why are routines important?

- Predictable routines help your child to feel safe. Knowing what is going to happen on a day to day basis creates a comfort blanket around your child.
- Over time the safe feeling that predictable routines creates strengthens and supports children to cope well when there are changes such as moving year groups or school.



Your role in this.

- Plan routines for challenging times of the day such as getting ready for school or bedtime. Things run more smoothly when there is a routine and children need to know what is expected of them at pressured times.
- Talk to your child about their routines, explain why routines are the way they are e.g. 'We don't have time for the park on Thursdays, we need to go straight home for tea so you can get ready for dance class.'

Supporting routines

- Use a poster or tick chart for pressured routines such as getting ready for school. This enables children to have a visual of what they need to do next.
- Use timers or alarms to give an audio clue for children to follow such as, 'When the music plays on the alarm, we have to stop watching TV and put our shoes on.'
- Get children involved such as getting them to lay the table in the routine for meal times, think back to the information about helping your child take responsibility.
- Praise your child if they follow the routine without you reminding them! Be specific about the good thing they have done.



The Responsible Behaviour Curriculum