

The Importance Of Routine

*"The secret to your success
is found in your daily routine."*
- John C. Maxwell

What does it mean to have a daily routine?

- Routines typically have a beginning and an end.
- We plan our **time** around priorities we are creating, and accomplishing those priorities *not only for ourselves but for our families*.
- The importance of having a **schedule** is knowing what to expect with no surprises.
- The goal is to develop healthy habits that develop independence while increasing positive moods and behavior.

Importance of a routine in the eyes of a Parent/Guardian

- Organization
- Time management
- Control
- Working environment for both you
and your child
- Spending more time with your family
- Less stressful situations
- Structure allows you to be prepared
and understanding what comes next.

Importance of a routine in the eyes of the child

- A routine creates a secure, stable environment for children
- A routine helps children develop healthy habits and skills
 - i.e. Time management for LIVE learning
- A routine helps guide children's behavior and allows children to anticipate a change
- A routine can result in higher rates of child engagement

What should an effective school routine look like?

- QUIET place to work
- School supplies within reach
- Follow your daily calendar and checklist
- Attend Live Learning
- Complete asynchronous assignments
- Ask questions during the school day
- Be proactive during unstructured times

Example of a morning and bedtime routine

Morning Routine

Wake up same time every day

Brush teeth

Bath/Shower (optional depending on night routine)

Get dressed

Eat breakfast

Bedtime Routine

Brush teeth

Bath/Shower (optional depending on morning routine)

Get dressed

Lay out clothes for next day

Read a book

Set an alarm

Same bedtime every night

*The way you start your day can affect your whole day.
Begin it with a smile, calmness of mind and coolness of emotions.*

Review

Importance of a routine for

parent/guardian:

- Positive working environment
- Less stress
- Time management and organization

Importance of routine for a **child:**

- Secure, stable environment
- Healthy habits
- Higher rates of child engagement