

The Importance of Establishing Routines:

10 Reasons Routines are Important for Children



All families need some type of routine to establish normalcy, a way to get things done and a sense of security.

Children often fear the unknown – whether it's the broccoli on their plate – or a big life change like moving to a different house or gaining a new sibling.

While change is a learning opportunity, it can also be stressful for children. A normal routine brings comfort and consistency to a child's life.

Daily routines might include:

- The time to get ready in the morning
- Bath times, mealtimes,
- naptimes and bedtimes
- Housework, cooking and cleaning schedules
- Play time, family time and outdoor play.



Here are 10 reasons a daily routine is important for your child:

1. Helps your child get on a schedule

Consistent routines will help your child and their “body clocks” with many day-to-day basics such as:

Ability to take naps and sleep well at night

Ability to eat healthy, full meals

Regular bowel movements

Healthy play and outdoor time

Calm, relaxed behaviour at “down times” during the day

For example, because your child and their body know it’s time to sleep, they are more easily able to wind down and rest.

2. Bonds the family together

When a child knows what to expect and notices regular family activities, they begin to understand what’s important. This strengthens shared values, beliefs and interests.

3. Establishes expectations

Rather than having a power struggle about picking up toys at the end of the day or taking a bath, a child becomes accustomed to knowing when “pick up time” and “bath time” are.

4. Creates a calmer household

Because the child and other family members know what to expect, stress and anxiety are reduced.

5. Gives your child confidence and independence

With a routine, a child will learn over time when it’s time to brush their teeth or put on their pajamas. They will take pride in knowing what they are supposed to do – and doing it by themselves.



6. Establishes healthy, constructive habits

From brushing teeth regularly to completing homework every afternoon, routines help establish constructive habits.

Children who practice these skills will be able to better manage their time. As they age, they'll have more self-discipline in terms of healthy grooming and eating habits.

7. Helps you (the parent) remember important things

Whether it's ensuring your child takes their medicine every day or remembering to pay the bills every month, a routine helps you stay on track.

In the midst of busy family life, you'll be able to keep track of the important details – allowing for a more stress free household and quality time together as a family.

8. Offers your child an opportunity to get excited about what's ahead

If your child knows what's on the schedule, they anticipate and look forward to future events – such as going to the park on Friday afternoons or spending time with Dad on Sunday mornings.

9. Provides opportunity for special “daily rituals”

When you build something into your day, like snuggling and reading to your child before bed, you instill special moments or “daily rituals.”

10. Offers stability during times of change or stress

Changes and stresses impact a child's life and sense of security, such as a divorce, change in school system or addition of a new sibling.

Source: <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>



ty,