



## The Importance of Routines and Schedules

- Routines and schedules provide a sense of safety and security to children by helping children know when and what to expect.
- When routines are followed, children are more prepared to learn.
- Routines help children feel calm and more ready to cope with life's stressors.

## Tips for Developing and Maintaining Schedules at Home

- Prioritize what needs to be done
- Set realistic goals.
- If the schedule has to change, talk about the change with your child ahead of time

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### Things that may be included in a morning routine:

- Wake up at a certain time each day
- Make bed/clean up after self
- Eat breakfast
- Hygiene—brush teeth, wash face, shower
- Discuss plans for the day

### Things that may be included in a night time routine:

- Get things ready for the next day—clothes, shoes, supplies
- Clean up after self
- Hygiene—brush teeth, wash face, shower/bath
- Wind down with quiet activity—reading, drawing, etc



**School Health Alliance**  
FOR FORSYTH COUNTY

*Keeping students healthy, fit and ready to learn.*