

Routines and Scheduling



Beverly Weathington, LMSW
The Merrill Palmer Skillman Institute
Wayne State University

WELCOME
BACK
TO
SCHOOL



Morning Rush is Very Common

Limited
time

Conflicting
Schedules

Different
Agendas
(Yours vs.
Your Child's)



Punchstock

The Morning Rush Can Make You Feel

- Stressed
- Anxious
- Inefficient
- Less patient



Establishing a Morning Routine

Helps kids know what to expect

Leads to more cooperation

Things feel and are less chaotic

Children feel safer

Parent(s) feel more in control

Sets the tone for the day



Prepping the Night Before

- What is child
 - Wearing
 - Having for breakfast/lunch/snack
- Where is child's
 - Bookbag
 - Homework/Assignments
 - Shoe



Setting Tone for Your Day

- Get up early enough where you won't feel rushed
- Engage in calming activity before starting day
 - Deep breathing
 - Yoga
 - Prayer/meditation



Factor Quick and Healthy Breakfast to Start your Day



- Fuels your morning
- Time to communicate
- Sets tone for the day

Have an Out the Door Plan

- Have a realistic idea of when things need to happen
- Focus only on what needs to be done
- Avoid distractions – phone, toys, television
- Have a visible clock nearby
- Know where your essentials are – keys, laptop, tools/equipment



Backup Plans

Transportation issues

Sick child

School closures

Bad weather

In Establishing a Routine

Be patient with yourself and your child(ren)

Be consistent

Allow flexibility and wiggle room

Allow for adjustments

Allow for child's input