

# Routines and Schedules

Healthier Urban Families  
Outreach Program



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# Why Routines are Important?

- ▶ Help kids know what to expect
- ▶ Leads to more cooperation
- ▶ Things feel and are less chaotic
- ▶ Children feel safer
- ▶ Parent(s) feel more in control
- ▶ Gives you more time to get things done
- ▶ Gives you time to relax

# Starting Your Day



# Morning Routines

- ▶ Get up at Regular Time
- ▶ Get Dressed
- ▶ Have realistic idea of what you would like to accomplish
- ▶ Have activities/study time planned for kids

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# Working With Kids at Home



- ▶ Have a designated work space
- ▶ Plan and prioritize tasks (Children do not share your priorities)
- ▶ Be flexible and creative about your work and child's academic hours
- ▶ Use age appropriate language to explain to children that you are working

# Working With Kids at Home

- ▶ Plan phone calls and meetings around naps/quiet time
- ▶ Take breaks
- ▶ Make employer/colleague aware of your childcare situation
- ▶ Have realistic expectations of yourself and your children
- ▶ Be patient- this is new to everyone
- ▶ Bargain and negotiate as needed

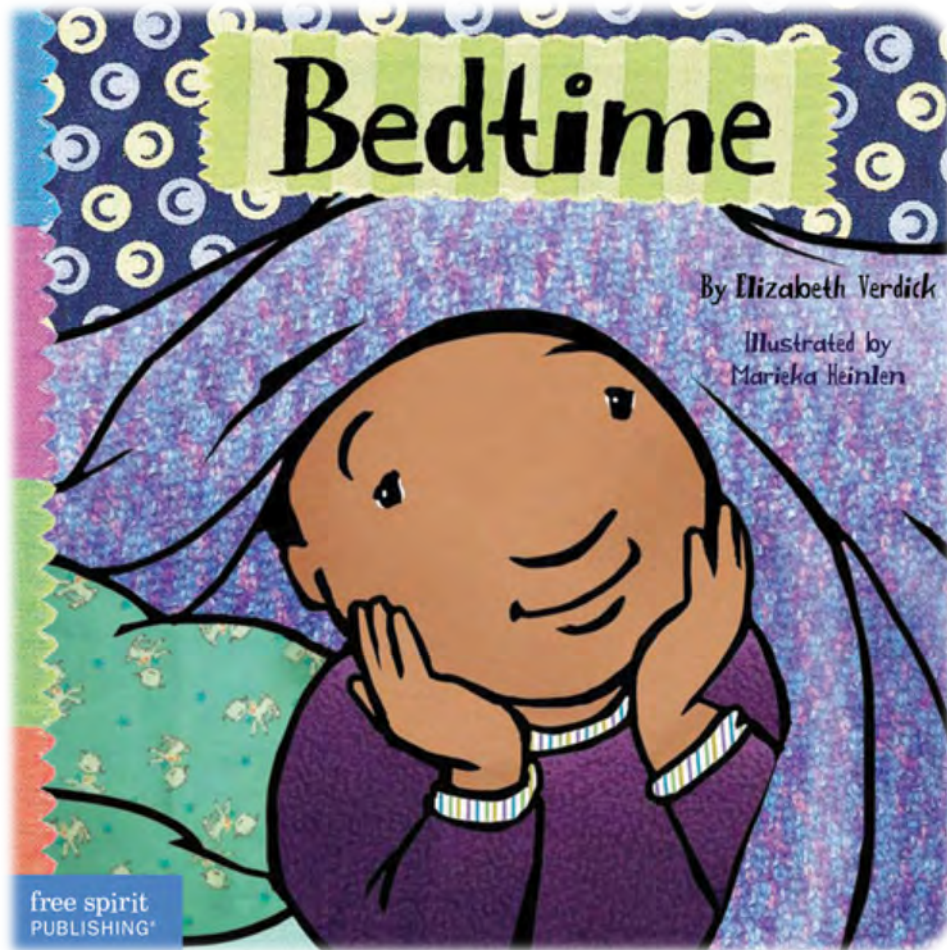
# De-Stress Dinner

- ▶ Plan what you are having
- ▶ Cook a couple of meals at once
- ▶ Involve kids in cooking
- ▶ Involve kids in cleanup





# Bedtime





## Sleep Goals- Child and Yours

- ▶ Stick with regular bedtime
- ▶ Be consistent-weekends too
- ▶ Adequate rest-you and your child
- ▶ Sleep friendly environment



## Remember

- ▶ Be patient with yourself and your child(ren)
- ▶ Do the best that you can
- ▶ Everyone is trying to figure things out
- ▶ Reach out to others for suggestions and support



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