

Daily Routines

A daily routine is a sequence of events that a person does daily. Daily routines play a key role in the successful development of young children. Routines support children by providing safety, predictability, and expectations.



Benefits of a daily routine:

- Explains caregiver expectations of behavior
- Promotes good quality sleep.
- Reduces stress.
- Encourages life-long routine habits.
- Increases your child's sense of safety.
- Supports healthy parent-child relationships!



How do I create a daily routine?

First, think about what you and your child do every day, in the morning and afternoon. Then, create a routine with your child using the activities that you already do, no need to add anything new. For example, part of your child's routine may include making their bed. Finally, create a visual list of tasks for you and your child to mark throughout the day (see example below).

Routine Tips

- If you can, talk to your child if your routine is going to change. For example, let them know if another adult is going to pick them up from school instead of you.
- Give warnings and remind your child of each next step in their routine. For example, give a five-minute warning before they need to transition to the next/different activity.
- A healthy way to support routines is by caregivers using them consistently.

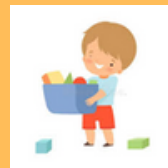
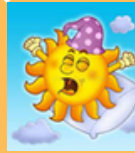
Example

Before School

- ✓ **Step One** Wake up around 7:00am
- ✓ **Step Two** Eat breakfast
- ✓ **Step Three** Brush teeth & get dressed
- **Step Four** Put on shoes
- **Step Five** Go to school at 8:00am

After School

- ✓ **Step One** Go home around 3:00pm
- ✓ **Step Two** Eat a snack
- ✓ **Step Three** Do an activity (draw)
- ✓ **Step Four** Clean up activity (put away crayons)
- **Step Five** Eat dinner around 5:00pm



For more information,
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