



7 Steps to Establish a Routine



1. Our current situation

Discuss the current situation with your child/ren regarding covid-19. The pandemic the world is facing has disrupted our daily routines and schooling systems. We need to acknowledge that things are not 'normal' for now and children need to have a space to share their feelings about it.

2. The importance of a routine

Discuss the importance of establishing a routine. This will enable everyone to be productive and have down-time in a balanced way. A routine is as important for the parent as it is for the child.

Discuss what should be included E.g. schoolwork, down-time, breaks to eat, doing a chore, reasonable bedtime and getting-up time, physical exercise etc.

3. Develop a daily routine together

Together develop the routine. You can use pictures (magazines or newspaper cut outs) or just write it out one after the other. This is where the child/ren can be creative. Establish space for the child/ren to do schoolwork and have down-time. Place the time-table where everyone can see it.

Be time specific and be clear about what is expected on weekdays and on weekends



4. Model the routine

It is important for children to see an adult implement what was discussed. It is unfair of us to expect children to practice something that we do not do. The start of work and taking breaks should be according to the time-table set as far as possible.



5. Practice

Children will make mistakes, allow them to learn from their mistakes. It won't be perfect from day one.

6. Review

Review the routine after 1 week. Discuss how everyone found it. And make adjustments accordingly.

7. Be consistent

Follow your set daily routine as far as possible. It is important for children to know what is expected of them during the day. This will also help them get back into a well-balanced rhythm. The more consistent you are the quicker the transition will be.