Importance of routine

Did you know that having a routine is really important for both children and parents?

In fact, parents feel more relaxed and less stressed when their children have a regular routine.

Plus, having a good routine can actually help your child's development and emotional wellbeing.

But sometimes it can be hard to stick to a routine, especially with all the distractions and challenges that come up in daily life.

For example, too much screen time or family conflicts can make it difficult to establish a consistent routine.

And if there's a lot of noise at night, children can't get the sleep they need to grow, and to be able to focus at school.

So how can you develop regular routines for yourself and your child?

Well, one way is to set a regular bedtime for your child. While adults need around 7 to 9 hours of sleep each night, children need more – usually around 10 to 12 hours, and even more for babies and toddlers.

It's also helpful to have regular mealtimes and you could prepare school lunches the night before to avoid rushing in the morning.

You can be a good role model for your child by taking care of your own health through regular exercise, healthy eating, and limiting screen time.

You can also set clear limits and family rules around screen time, like having screen-free times before school and during meals, and turning off screens at least an hour before bedtime.

Getting your child involved in regular jobs around the house can also help them develop routine, life skills, and self-discipline.

And when things get stressful, talking to your gundoos about big emotions and practising calming techniques like taking slow, deep breaths can help them manage their stress levels.

Showing affection and keeping to regular routines during stressful times can protect children and support their wellbeing.

Overall, having a predictable routine can help you and your child feel more organised, in control, and less stressed.

So, is there anything you'd like to set up as a regular routine in your home?