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Building Routines transcript

Routines provide structure :25

Routines are good for all of us. Like everything, they are good in moderation. So routines provide structure, they provide comfort, provide organization to the day. There's a lot of things we have to do, and these days in particular, there's a lot of information that is bombarding us, from our pockets, with our cell phones and the media so structure and routines can help give order to all of that

AM PM Routines :16

So, having routines in the morning about what time, here's what do to get ready, routines in the evenings about here's when we start with home and do something relaxing and here's steps we take before we go to bed can be very helpful.

Routines for young kids :19

Especially for younger kids the world is even more overwhelming for them because their brains aren't as developed as much as teenagers and adults. Having routines adds structure and helps them be emotionally and behaviorally stable so routines are really important.

When to start routines :12

At least a week or two beforehand if you have a child who has difficulty with transitions and has a hard time adapting to new routines, you may want to start earlier.