



# The Family Pack Lifestyle

## Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- Sleep
- Healthy Eating
- **Routines**
- School Readiness
- Sibling Rivalry

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”



# Routines

How important are routines and why do we need them?



# Routines

**What do you think routine means?**

**Why are routines important?**

- Helps your child with their 'body clock'
- Closer family unit
- Establishes expectations
- Creates a calmer household
- Gives your child confidence and independence
- Establishes healthy, constructive habits
- Offers stability during times of change or stress



# Setting Daily Routines

1. Think about important daily routines such as, getting up, playtime, eating, bedtime & sleeping. Write them down and maybe create a chart with your child..
2. Be patient as routines can be difficult at first, eventually they will become regular to your child.
3. Add helpful elements to the routine eg: 10 minutes of reading time before bed to help them wind down.
4. For routines to work try to stick to them as much as you can but being flexible with them during holidays.
5. Create special time with your child in their daily routine.
6. As you start to get used to the routines you have created you will see what is working and what is not so adjust to your family's needs.





# Websites

Morning routines:

<https://www.bbc.co.uk/cbeebies/radio/poem-morning-routine>

Bedtime routines:

<https://www.bbc.co.uk/cbeebies/grownups/sleep-problems-in-older-children>

Daily/Weekly routine:

<https://www.highspeedtraining.co.uk/hub/the-importance-of-routine-for-children/>

Apps: - Headspace, Calm, Relaxed Melodies, Sleep cycle, plus many more. (lots of free resources)

# Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
- What did you find most useful?
  - Was it realistic for you?
- Would you feel comfortable explaining these ideas to someone else?
  - Any challenges?