

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

It's commonly understood that routines are good for children and support their development, especially in uncertain times like these. More specifically, children with regular routines at home have stronger self-regulation skills that enable them to adapt better to everyday challenges, stressors and expectations.

How Parents Can Help Create Healthy Routines:

- Create a household schedule
- Be predictable (not perfect): show your children that they can count on you to feel what you feel and transparently adopt healthy coping strategies to manage those feelings when they come up.
- Create special family rituals
 - Attending Mass on the weekend
 - Taco Tuesday
 - Saturday movie night

Rituals are routines that also impart a sense of family identity and promote connection among family members. Rituals give children a growing sense of themselves as a member of a greater whole which promotes positive developmental outcomes. When times are uncertain, and children experience worry or sadness, rituals provide the internal sense that they are not alone and have a balance in their lives of positive and negative experiences.

April's Focus:

The Importance of Routines for Children

<https://zerotothrive.org/routines-for-kids/>



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8 WAYS ROUTINES BENEFIT KIDS

Cooperation

Less Power
Struggles

Expectations Are
Established

Consistency

Confidence &
Independance

Stronger Family
Connections

Time Management
Skills

Stability &
Security

www.raisingkidswithpurpose.com

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for Children

