



Top tips - Routines



from Y Teulu Cyfan team - Flintshire

We are a team based in Flintshire, helping parents with lots of different challenges, including behavioural issues and practical things too. We love seeing how making small changes can bring big results. It's amazing to see parents growing in confidence and feeling able to take control of situations they might previously have felt were too tricky.



There is no right and wrong when it comes to routines. Every family is unique, so it's about finding out what works for you. Here are a few top tips for making routines fun and effective:

1. Make routines fun.

For example, you could let your child choose their own alarm clock, so they get up on time. Create checklists together – perhaps you could have a checklist each – and you make ticking each 'job' off as part of the game. Egg timers are great, as is trying to get everything done before a favourite song ends.

2. Get everyone in the family involved (even the youngest).

If you do this, you're not just telling them what to do, you're making them part of it. Maybe ask their opinion; for example 'Today is going to be a very busy day! How are we going to get everything done this morning?' Also recognise the differences between weekdays and the weekend (allowing for treats etc).

3. Use praise and encouragement when a routine goes well.

Children will then be more likely to respond to praise. Perhaps part of your morning routine includes a small reward if they get everything done – ten minutes with their toy, or screen time for example. If they don't get everything done, then the consequence is they don't get to do that.

4. Routine is a learning curve.

If your child doesn't stick to a routine and complains because they've forgotten something or they've missed out on doing something, don't be tempted to step in and 'fix' things. Let them see and understand what happens when they don't stick to a routine. Don't punish them or get angry, just let them find out for themselves.

5. Be consistent.

Your child will push back, and it might take a while to get used to something new, especially if they don't want to do it.

6. If you feel something isn't working, don't worry, just re-assess.

Find what works for you, and what works for your child. One size doesn't fit all when it comes to routines, so you'll need to find routines that work for all of you.

7. Be kind to yourself.

Routines will change depending on what's going on at the time. If you get it right three days out of five, you're doing a good job! Getting routines in place takes time, so you'll need to be flexible, and not give yourself a hard time if sometimes it doesn't go according to plan.



And remember you are doing the best you can.

For more information and advice on routines, see the full information sheet from Y Teulu Cyfan and visit gov.wales/giveittime

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