

In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.

A DAILY FAMILY ROUTINE



*Order
is one of the
needs of life
which, when
satisfied,
produces real
happiness.*

- Maria Montessori



Routine is important for the child to feel safe in the world, knowing what to expect. It is not only essential for the child under six, whose sense of security depends on it but also to children older and to us as adults, though in different ways. In the current scenario of our idea of time being warped, how can we maintain a sense of normalcy for the children? Some parents share their thoughts.

- Routine for the entire family, keeping the day predictable and consistent leads to less conflicts between the child and the parent as they are less resistant to participating.
- Follow a rhythm rather than going exactly by the clock.
- Have consistent meal and sleep routines.
- Routine does not necessarily only mean time but sequence of events. For instance - brushing, having a bath, getting into sleep clothes and reading a book, might be the sleep routine or the child setting the table and clearing up after could be the meal routine.
- On the days that there are changes and the child has emotional moments, ensure to spend time with the child, giving your undivided attention.
- Ensure taking into account the child's interest while setting the routine.
- Have discussions with older children of what is expected and listen to the child when he/she proposes amends.

We would like to thank all the parents who contributed to the newsletter!