



Family Routines

A routine is a sequence of actions that are regularly followed. While every family will have different routines, routines are important for all families to provide a sense of safety and security and to promote expectations and positive behaviors. Here are some ideas for what you might include in your family routine as your family “stays home and stays safe.”

Things you might include in a daily routine:

Wake up time

Exercise times

Meal times

Study times

Technology/Media times

Chore times

Creative activity times

Outside times

Quiet times

Service activity times

Self-care times

Spiritual learning times

Bedtime



Within your daily routine, you might have sub routines. For example, bedtime might have a routine of its own, with a sequence of steps repeated every time. Having one or two high value routines – routines that are working for your family and that are times of the day everyone looks forward to – is an important factor for families to function well.

How do you implement new routines?

Explain, model, and demonstrate the procedure.

Rehearse the procedure to ensure complete understanding.

Re-teach, practice, and reinforce the procedure until it becomes a habit or routine (22-50 times!).

Re-establish the routine after every big change or challenge.

Consider using visual reminders such as lists, picture charts, or photos of the children doing each step of the routine to assist children in remembering the steps of the routine. Know that some children need preparation and support if there will be changes to the routine.

Sample Routine

(Every family will have a different routine!)

Time	Activity	Notes
8:00 am	Wake up	Morning routine: Eat, make bed, get dressed, brush hair, brush teeth.
9:00 am	Exercise	
10:00 am	Learning time	No electronics allowed.
11:00 am	Creative time	
12:00 pm	Lunch	
1:00 pm	Learning time	Electronics allowed.
2:00 pm	Outside time	
3:00 pm	Chores	
4:00 pm	Free choice time	No electronics allowed.
5:00 pm	Dinner time	
6:00 pm	Free choice time	Electronics allowed 6-7pm.
8:00pm	Bed time	Bed time routine: baths, brush teeth, stories.

Sample Sub Routine

(Every family will have a different routine!)

Step	Bedtime Routine	Notes
1	Bath	Every other night
2	Put on pajamas	
3	Brush teeth	
4	Use the toilet	
5	Read two stories	Child chooses one, parent chooses one
6	Hugs and kisses	
7	Lights out	Lights out means stay in bed quietly

Remember high value routines are sequential activities done repeatedly that have meaning. The child feels safe within these activities and looks forward to them.