

Parenting Tips
from
Community Parenting Service
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Opening times : Monday to Friday 12 PM to 4 PM

Children and Routines

Following a daily routine can be very boring for many adults, yet for children, routines can provide a level of comfort and security as well as giving them a sense of predicability and certainty in their days.

Our children learn from a very young age that the role of the parent or carer is one that is vital to their survival. Children regard their parents as powerful and knowledgeable and despite those times where they do not comply with parents wishes they will still hold them in high esteem.

Because, in the world of the child there is still so much to be understood, routines will provide predicability and certainty for a child. While many children may not understand clock time the predictable sequences of events will be understood. For example, bedtime may look like:

Bath time.....Clean teeth.....Story time.....Sleep time.

Through routines children can learn about caring, support, safety and protection.



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.