



CATHOLIC SCHOOLS *in the*
ARCHDIOCESE of NEW YORK

Faith-Based. Future-Focused.

Office of Early Childhood Newsletter

Fall 2020

DEAR FAMILIES,

The beginning of a new school year can be stressful under the best of circumstances, let alone during a pandemic. After being home for an extended period of time, the transition back to school, whether remotely or in person, will be an adjustment for the entire family. This is why it's the perfect time to re-establish family routines.

Family routines are important because they help to organize life and keep it from becoming chaotic.

Children do best when routines are regular, predictable and consistent. Knowing what to expect will help children to feel more in control and less anxious. It will help them to feel safe in uncertain times.

RESOURCES:

8 Ways to Make School Morning Routines Easier

<https://u.org/2EU5jj2>

10 Reasons A Daily Routine is Important for Your Child (and How to Set One):

<https://bit.ly/3jKhOMY>

Creating Routines for Love and Learning:

<https://bit.ly/2F21zM2>

The Power of Routines:

<https://to.pbs.org/3gTM1HI>

Routines Video:

<https://bit.ly/2QRvFVd>

TIPS FOR CREATING ROUTINES:

1) Identify the routines.

Identify important daily activities and decide the order it should happen. Identify key times of the day when the activities should occur and make a routine. Make sure that the routine works for the entire family.

2) Explain the routines.

Make sure your child knows what you want him to do and when you want him to do it. Talk to your child about the routines and have him repeat it back to you. Use simple charts with pictures to visually display the routines. Remember, young children often need to be reminded of what to do.

3) Follow the routines.

All family members should try to follow the routine. Your child may not always want to follow the routine, so provide reminders and support when needed to help him become successful. If you are tired and stressed, it may be difficult for you to follow the routine but try to adhere to it as much as possible. Be consistent with the routine and let your child know that you expect it to be followed. Routines can be 'flexible'. If the routine changes, let your child know about the change ahead of time.

POSSIBLE ROUTINES NEEDED:

- **Morning Routines** can help your child get ready in the morning and help to leave on time.
- An **afterschool routine** allows you and your child both individual time and family time. It also allows you to get the necessary chores done that keep your home in order.
- A **mealtime routine** can help you child eat healthy and build responsibility.
- A **bedtime routine** can help your child to take care of his health, allow for family time, and afford you time for yourself.