



HELLO PARENTS,

Your child's daily routine creates a sense of well-being and security. Routines help children feel safe, develop life skills and build healthy habits. Daily routines also help parents feel organized, reduce stress and find time for enjoyable activities. Good routines are well planned, regular and predictable. This newsletter will provide you with activities to help you and your child develop and implement daily routines which will keep you on track for success!

ACTIVITIES

INFANTS (3 – 18 MONTHS)

NAPTIME

MATERIALS:

- Nap time essentials. For example: storybooks, songs, etc.

DIRECTIONS:

- Appropriate sleep and wake windows are important for your infant to help them stay happy and healthy.
- Prepare your infant for naptime by setting a relaxing atmosphere.
- A naptime routine should mimic nighttime routine.
- Go into your infant's sleeping area. Read a naptime book or sing them a lullaby song.
- You may encourage your infant to sleep by gently rubbing their back.
- Ensure that your infant naps in a regular spot (their crib) at a set time during the day.
- According to their age, this may be a morning and afternoon nap, or just an afternoon nap.

[Click here](#) for a reference on age-appropriate nap schedules for your infant.

TODDLERS (19 MONTHS – 2.5 YEARS)

CLEANUP, CLEANUP, EVERYBODY, EVERYWHERE!

DIRECTIONS:

- After your child is finished playing with their toys, encourage them to take ownership and responsibility over their environment and clean up their belongings.
- Have their toy bins ready for them to put their toys inside.
- To cue your child to clean up, sing them a cleanup song.

[Click here](#) to listen to the "Clean Up Song".

PRESCHOOLERS (2.5 – 5 YEARS)

MORNING CHECKLIST

MATERIALS:

- Paper
- Pencil
- Coloured pencils
- Morning essentials. For example: toothbrush, toothpaste, hairbrush, etc.

DIRECTIONS:

- Write what your child's morning routine is. For example: eat breakfast, brush their teeth, etc.
- Together with your child, draw and colour a picture next to each part of their routine.
- Hang the morning checklist somewhere your child can see. For example: in their bedroom.
- Every morning, go through the checklist with your child. Ask them questions, such as, "What is first on the list?" or "What would you like to do next on the checklist?"
- Encourage your child to check each routine as they go.

[Click here](#) to read "Digger's Daily Routine", by Angela Ferrari.

JK/SK (4 – 6 YEARS)

MY ROUTINE CLOCK

MATERIALS:

- 3 different colours of construction paper
- Pencil
- Black marker
- Different coloured markers
- Brad pin
- Scissors

DIRECTIONS:

- Cut a piece of construction paper into a large circle. This will be your clock.
- Write the numbers from 1-12 around the circle paper as shown on a clock.
- Use the markers to colour the sections of different activities. For example: 4-5 pm could be "Reading Time", and 5-6 pm could be "Play Time". [Click here](#) for reference.
- Cut clock hands from a different colour construction paper, and pin them in the middle of your clock using the brad pin.
- On a separate piece of paper, create a clock schedule that is coordinated by the colour of your routine clock.
- Once you are finished, hang the clock on your fridge and follow it every day.

[Click here](#) to learn how to make a Morning Routine Board.

SCHOOL-AGERS (6 – 12 YEARS)

MY DAILY RESPONSIBILITIES

MATERIALS:

- Basket or jar
- Paper
- Scissors
- Pencil
- Colour pencils

DIRECTIONS:

- Write all the chores you have to do at home. For example: take out the garbage, make my bed, wash the dishes, etc.
- Cut a blank piece of paper into small rectangles to make your chore cards.
- Write one chore on each of your cards.
- Draw and colour a picture of the chore on your cards.
- Put your chore cards inside a basket or jar.
- Pull a card out of your basket or jar whenever you want to accomplish a daily chore.

[Click here](#) to view "10 Minute Daily Stretch Routine".



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Together with your child, identify their daily routine and flow of the day.
- Explain to your child why routines are important. For example: "We have dinner at 5 pm on Friday because you have soccer at 6:30pm."
- Be consistent with the routine that your child should follow.
- If the daily routine changes, make sure you let your child know.
- Add some downtime in your child's routine, to allow your child to rest.