



HELLO PARENTS,

Most of our lives consist of patterns of routines we perform almost every day. They provide a healthy structure to our days and help us get things done efficiently. Routines are rich opportunities to support your child's learning and development. They offer a chance to build self-confidence, time-management and organizational skills, self-control, and communication skills. In this newsletter, we provide activities that will encourage your child to follow and enjoy everyday routines.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

BALL MASSAGE

MATERIALS:

- Soft ball
- Music source

DIRECTIONS:

- Just before naptime, turn the lights down and play soft music.
- Gently roll a ball over your child's body, naming the body parts you are massaging.
- Incorporate relaxing massage into your infants going to bed routine.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

SNACK IN THE TENT

MATERIALS:

- Blanket
- Snack (crackers, fruit, etc.)
- Napkins, paper plates

DIRECTIONS:

- Ask your child to help you make a tent by draping a blanket over a table. If you have a play tent, you can set it up indoors and use it instead.
- Instead of eating a snack at the table, invite your child to a picnic in the tent you have just made.
- Ask your child to set up napkins, paper plates and distribute snacks.
- Your child can also bring their favourite plush animals into the tent.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

THE LION AND THE MOUSE-BED TIME STORY

MATERIALS:

- Toy animals
- Basket
- Yarn or tape

DIRECTIONS:

- [Click here](#) to read "The Lion and the Mouse".
- Place the toy animals inside the basket. Thread yarn or tape through the sides of the basket to create a net on top.
- Encourage your child to find ways to get the animals through the net.
- Engage in conversation with your child and ask questions. For example: What tools can you use? How can you get the big animals out of the basket? What happens if you try to remove more than one at the same time?

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

FASHION SHOW

MATERIALS:

- Music source
- Your child's clothes

DIRECTIONS:

- In the morning, tell your child that you will have a fashion show.
- Put upbeat music on.
- Encourage your child to choose their outfit for the day, and when they are dressed, invite them to pretend that they walk on the runway.
- Describe your child's outfit in a fun way as they walk.
- You can join your child and walk the runway together, or your child can describe your outfit on their turn.
- Have fun!

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS)

SET A DINNER TABLE

MATERIALS:

- Dinner plates
- Side plates
- Drinking cups
- Napkins
- Forks, spoons, and knives

DIRECTIONS:

- Research the different ways you can set the table, and how dinner settings differ across cultures.
- Set up the dinner table for your family, for example:
 - Place dinner plates in front of each chair.
 - Put side plates on the left and drinking cups on the right side of each dinner plate.
 - Set the napkins on top or on the right of the dinner plates.
 - Place forks on the left, and spoons and knives on the right side of dinner plates.
- Each Saturday, choose a different theme or culture, and set the table to reflect that style. For example, summer setting, Asian, African, Hawaiian style, etc. Decorate the dinner table to match the theme.

[Click here](#) for ideas for your daily exercises.



A TIP FOR TODAY

- When you remind your child about their routine, sing it instead of saying it, and use different tone and pitch to make it more fun.
- Use funny photographs or drawings as reminders of what needs to be done.
- Involve your child in creating a daily routine chart.