



Parenting Tips

HELPING YOUNG CHILDREN WITH DAILY ROUTINES

Parents can ease children through daily routines by allowing plenty of time, preparing them ahead of time, allowing them to be as independent as possible, and making the routine as pleasant and as much fun as possible.

MEALS

- ?? Serve small portions and as much finger food as possible.
- ?? Limit snacks to fruits, vegetables and small chunks of cheese to ensure proper nutrition.
- ?? Be calm about messes and spills. Encourage your child to help clean up after himself.
- ?? Involve your child in food preparation, spreading, mixing, and stirring.
- ?? Don't use desserts as rewards or punishments.

BEDTIME

- ?? Give advance notice of impending bedtime.
- ?? Make the process relaxed and fun with songs or reading.
- ?? Provide a nightlight when requested.
- ?? Make the transition from the day's activities to sleep gradual.
- ?? Remember that you can expect a child to be in bed by a certain time, but you must be realistic about when the child actually falls asleep.

SELF-CARE: WASHING, USING THE TOILET AND DRESSING

- ?? Try to plan an activity for when the task is accomplished.
- ?? Make the routine fun or interesting.
- ?? Some children feel more secure facing backwards on the toilet, allowing them to climb on and off more easily and giving them something to hold onto. Use a potty or potty chair if necessary.
- ?? Sing about the routine. Old nursery rhymes and songs delight children.

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