The benefits of routines

If you and your children set a routine you will benefit in the following ways

- Less conflict. The expectations are set. You and your children will know what to do and what is next.
- It gives consistency to the day.
- It helps your children's independence and will increase confidence.
- Goals can be set and achieved.
- Children will learn time management skills.
- It gives a feel of stability and security to everyone in the home.
- It will reduce the overall stress and anxiety of everyone in the home.
- You can build in great habits such as mindfulness, self care, and relaxation.
- Children and you can benefit from a good sleep routine.
- Exercise and good eating habits can be built into the day.
- Increases responsibility for your children. They are responsible for sticking to the routine.
- It will promote wellbeing for everyone.
- Your children will feel safe.