

# Importance of Establishing and Maintaining Routines When Transitioning to Kindergarten

## Potential Routines:

- Morning/Before School
- After School/ Arriving Home
- Homework
- Dinner
- Bedtime



1. Do the math and work backward!
  - When you are creating a routine, decide what time the routine needs to be completed and then work backward to find your start time. For example, if your child needs to wake up at 6:00 AM for school and they need 10 hours of sleep, they will need an 8:00 PM bedtime.
2. Practice, practice, practice.
  - It may take a few tries to adjust to a new routine. Don't give up. Often children will resist a new routine, especially if they did not have any previously.
3. Create a picture schedule of your routine.
  - Hand drawn, images from magazines, computer pictures, pictures of your child completing each step of the routine.

Example Routine #1- After school/ Evening:

3:00 PM- Arrive home, put away backpack, etc., small snack

3:30 PM- Homework

4:30 PM- Outdoor play, free explore

5:30 PM- Help prepare dinner, set table, etc.

6:00 PM- Dinner at table with family

7:15 PM- Bath

7:30 PM- Bedtime routine

8:00 PM- Bedtime

Example Routine #2- Bedtime (Picture Schedule)

Bath

Pajamas

Brush teeth

Last drink of water

Restroom

Read/Deep Breathing/Relaxing/Singing

Hugs/Kisses/Tuck in

Light Out