







SETTING EFFECTIVE ROUTINES FOR CHILDREN

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WHAT PART OF YOUR DAY FEELS MOST STRESSFUL?

"You're not alone — many families struggle with busy routines."



WHAT IS A ROUTINE?

Helps children know what to expect

Happens in the same order

Includes daily things like waking up, getting ready, or bedtime

WHY ROUTINES MATTER FOR CHILDREN





Supports learning and brain development



• Builds confidence and independence





Encourages listening and cooperation

Helps children feel safe and secure

HOW ROUTINES HELP FAMILIES

- Less stress in the mornings and at bedtime
- Fewer arguments and power struggles
- Helps the whole family work as a team
- Brings more calm and connection

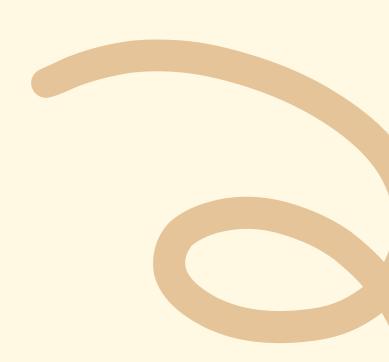


- Busy schedules
- Kids resisting routines
- Parents working different shifts
- Younger siblings needing more help
- "No family is perfect. It's okay to start small and build over time."





COMMON CHALLENGES!



EFFECTIVE TIPS FOR SETING UP NEW ROUTINES:

Start with One Routine:

Choose one part of the day (e.g., bedtime).
Focus on that for a week or two.

Make It Visual:

Use pictures or drawings for each step (younger kids love this!)

Involve Your Child:

Let them choose the order: "Story first or pyjamas first?"

Kids are more likely to follow what they

Kids are more likely to follow what they helped create!





Keep It Consistent

- Same time, same order
- Predictability makes kids feel secure and helps them cooperate

Use positive prompts:

Instead of "Hurry up!", try "What's next in your routine?"

Keep your tone calm and friendly

Allow Extra Time
Plan for 5–10 extra minutes to avoid rushing
Everyone is calmer when there's a buffer!

EFFECTIVE TIPS FOR SETING UP NEW ROUTINES:

Praise & Encourage

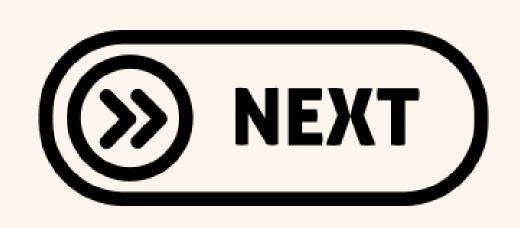
- Catch them doing something right
- "I love how you brushed your teeth without being asked!"

* EXAMPLE ROUTINE

Morning: Wake up, toilet, brush teeth, get dressed, breakfast, pack bag

After School: Snack, reading/homework, playtime, dinner

Bedtime: Bath, pyjamas, brush teeth, story, lights out





NEXT COFFEE MORNING AT

Brentfield:

14th May

HOPE TO SEE YOU AGAIN THEN!



If you think your child could benefit from accessing 1:1 support from the MHST, please speak to us or school

•6-8 sessions 1:1 Parent-led Guided Self Help

Managing Behaviour Challenges
(special time, following instructions, setting routines, encouraging desirable behaviours, etc.)