



# Building Blocks to Brighter Futures

*Resources to Help Make Sure All Our Kids are "AOK"*

## The Importance of Routines

### 1. Routines help children learn self-control

A familiar or favorite toy can offer comfort



### 2. Routines can help kids know what to expect

Doing the same thing at the same time each day is important,  
for example - regular bedtimes



### 3. Routines help with good behavior and safety

Learning to take a "Time Out" when needed, is a discipline routine

### 4. Routines help kids build social skills

Play-time, mealtime and bedtime are all social routines



### 5. Routines help children feel safe

When children know what to expect next, they feel "in control of themselves."

For more information, please visit the Kane County Health Department's website at [kanehealth.com/aok.htm](http://kanehealth.com/aok.htm) or call 630-208-3801





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Routines are activities that happen in about the same way every day and help kids to feel safe and know what to expect. A daily routine will help your child to know when it is time to sleep, eat and play.



- **Routines help children learn self-control**

- *When Anna starts to feel frustrated or upset, she finds her favorite blanket to help her calm down.*
- *Tyler's mother made a chart with pictures showing the days routine. After Tyler has eaten his breakfast, he sees that there is a picture of a toothbrush, then a toy truck. Tyler knows it is time to brush his teeth before he plays.*

- **Routines can help kids know what to expect**

- *Snack Time Routine: Every day before snack time Daniel's mother says "it is time to clear the picnic space!" Daniel picks up his toys to make space for the snack time "picnic", and washes his hands.*
- *When Mom and/or Dad leave the house: When Daddy leaves in the morning he always gives Sarah a big hug then she waves out the window as Daddy pulls out of the driveway.*
- *As the designated bed time approaches, Jason knows it is time to put away his toys, have a bath, brush his teeth and have "story time." This way he will sleep well.*

- **Routines help with good behavior and safety**

- *Rachel used to throw fits when she would be buckled into her car seat. Now when Rachel and her Daddy get into the car Rachel buckles her doll into the seat next to her and then her Daddy buckles her into her car seat.*
- *Before crossing the street Raul always helps his Mother look both ways, then holds her hand as they cross.*

- **Routines help kids build social skills**

(Play-time and mealtime are both social routines)

- *When playing in the sandbox, Miguel lets another child use his shovel to put sand into the bucket, and then Miguel dumps the sand onto the mountain they are making together.*
- *At dinner Andrea's family always shares their favorite part of their day, Andrea tells her family about the picture she colored at preschool.*

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