

# STAYING ORGANIZED

Knowing how the day will unfold is reassuring for your 2-to-5-year-old.

Your role is to establish routines.



**With routines, your child:**

experiences less stress

becomes more independent

learns what to do

develops self-esteem

establishes healthy habits



**Involve your child in household chores**

**Age 2 to 3**

"I'll put the milk in the fridge; you put the apples in the basket."  
"I'll fold the towels; you fold the washcloths."



**Age 3 to 4**

"I'll fold the sweaters; you put them in the drawer."  
"I'll take out the plates; you clean the table."



**Age 4 to 5**

"I'll put the bowls on the table; you pour the cereal."  
"I'll put the sheets on the bed; you put the pillows in the pillowcases."



**Leave some free time in the schedule for you and your family!**



# How to establish routines

## Choose simple routines

for specific times of the day (morning, mealtimes, bedtime).

## Determine which tasks need to get done

Eating breakfast, brushing teeth, getting dressed, etc.

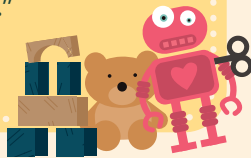


## Go over the routines every day

"Let's start the bedtime routine. Come take your bath and then we'll put on your pajamas."

## Encourage your child

"Great job, you remembered to put your toys away before bedtime."



## Display the tasks as pictures

## Make routines fun

**Have a race:** "First one to get dressed wins!"

## Give yourself permission to change the routine once in a while!

Tell your child it's a special day: "We're going to stay up a little later tonight!"

## As a parent...



**What are my family's routines?**

**What helps me stay organized?**

**What complicates my routine?**

