



BRISBANE GRAMMAR SCHOOL

Routines

Parent Information

The Importance of Routines

Routines are one of the most important tools we can teach our boys to help them achieve success in life. Stable routines for children are associated with:

- academic achievement
- positive self-esteem and optimism
- appropriate social skills
- reduced behaviour problems
- school readiness

Daily actions are products of our unconscious habits, reinforcing the need for developing healthy routines at a young age.

BJ Fogg, a psychologist and researcher at Stanford University, argues that to change behaviour, there are three things we can do:

1. have an epiphany
2. change our environment
3. take small steps

At BGS, we take small steps each day to instil good routines in our students. We recognise that connecting our goals to disciplined actions through routines is a powerful way to improve learning.

Some of the fundamental routines that we teach boys include taking care of their school uniform, lining up outside of class to be ready to learn and packing their school bags the night before.

We also know that the satisfaction of learning needs to be accompanied by the motivation to learn. We achieve this by teaching routines that insist on practice and repetition. This is reinforced until the skill has been mastered.

What are the experts saying?

- Routines promote health and wellness through structure and organisation. The absence of routines are shown to increase the likelihood of stress, poor sleep, poor eating, poor physical condition and ineffective use of time.¹
- Routines and meaningful rituals provide a predictable structure that guides behaviour and creates a positive emotional climate that supports early development.²
- Creating lifelong habits: behaviour changes that are easy to accomplish and can be seamlessly slipped into our existing routine are more successful in the long term. Making small adjustments and succeeding at making those adjustments routine trains your brains to gain confidence in creating change.³
- Good habits provide efficient routines, systems for organisation, and self-disciplines that allow the young person to lead a life that works well for them.⁴
- Creating healthy routines can start with daily bed-making. This 'keystone habit' is shown to start a chain of good decisions throughout the day.⁵

REFERENCES

1. Northwestern Medicine. (n.d.). Health benefits of having a routine. Retrieved from <https://www.nm.org/%20healthbeat/healthy-tips/health-benefits-of-having-a-routine>
2. Spagnola, M., & Fiese, B. (2007). Family routines and rituals: A context for development in the lives of young children. *Journal of Infants and Young Children*, 20 (4), 284 – 299. doi: 10.1097/01.IYC.0000290352.32170.5a
3. Fogg, B., & Euchner, J. (2019). Designing for Behavior Change-New Models and Moral Issues: An Interview with B.J. Fogg. *Research-Technology Management*, 62(5), 14–19. <https://doi.org/10.1080/08956308.2019.1638490>
4. Pickhardt, C. (2012). Adolescence and the Development of Habits [Blog]. Retrieved from <https://www.psychologytoday.com/au/blog/surviving-your-childs-adolescence/201201/adolescence-and-the-development-habits>
5. Duhigg, C. (2012). *The power of habit : why we do what we do in life and business* (1st ed.). New York: Random House.

What can you do?

Good routines can help your son plan his time more effectively to better manage the demands of school, friends, work, play and study. It can also help him feel more grounded and secure.

One of the most important components in creating a successful routine is ensuring it is suitable for your son.

To help your son build healthy routines, you can:

- Start by making small, easy to accomplish adjustments to give him confidence.
- Give your son responsibility for a particular area of the household.
- Encourage the development of small routines, such as making his bed and opening the blinds each morning.
- Help your son clarify his goals, then talk about the behaviours and actions needed to realise the goal.
 - Place the behaviours and actions, along with a timeline on the fridge.
 - Make timelines short-term so they can be reviewed or changed.
- Encourage good sleep routines.
- Demonstrate effective routines and lead by example.
- Teach your son time management skills.
- Empower your son with autonomy and choice to give him the confidence to establish self-directed routines.