



# Structure for Success

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## The Importance of Routines



# Routine:

**A regular, predictable pattern of activities or behaviors that a person follows on a daily or weekly basis.**

# Improved Focus and Concentration

Routines help students develop better focus and concentration skills by providing a predictable structure.



# Enhanced Time Management



Routines help students manage their time effectively and avoid procrastination by providing a clear framework for organizing their day.

# Increased Productivity

Routines can significantly boost students' overall productivity and academic performance.



# Reduced Stress and Anxiety

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Routines provide a sense of stability and predictability, which can significantly reduce stress and anxiety in students.

# Boosted Self-Esteem

Routines can contribute to students' self-esteem and confidence by providing a sense of accomplishment and control.



# Improved Relationships



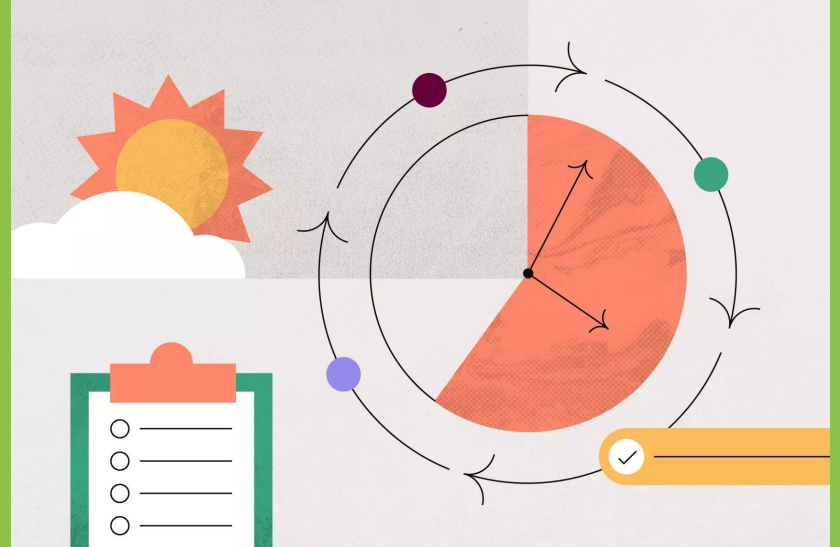
Routines can reduce power struggles within families by providing a clear structure and expectations.



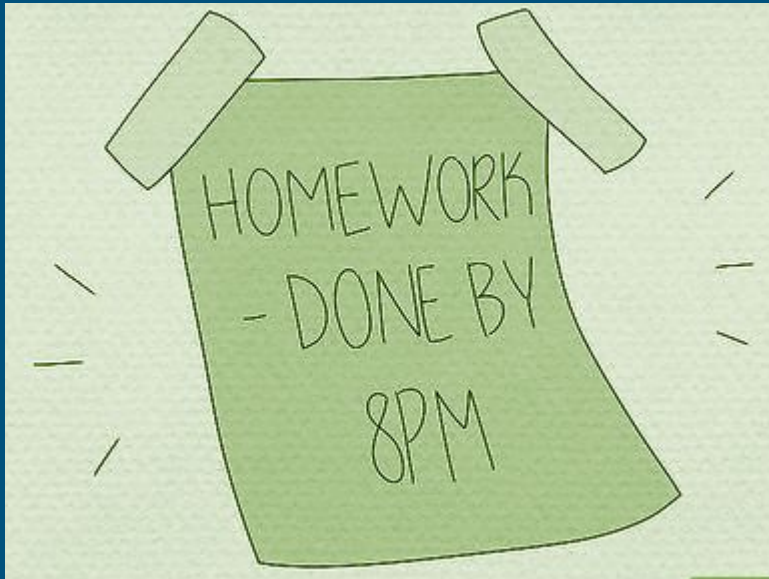
# TIPS:

## Creating a Personalized Routine

By involving your child, keeping it simple, and being consistent, you can create a personalized routine that works for both of you.



# Tips



- **Involve Your Child**
  - Make it Collaborative
  - Consider Their Interests
- **Keep it Simple and Flexible**
  - Start Small
  - Allow for Flexibility
- **Visualize the Routine**
  - Create a Visual Aid
  - Make it Fun

# Tips



- **Make It Consistent**
  - Stick to the Routine
  - Be Patient
- **Reward Positive Behavior**
  - Positive Reinforcement
  - Celebrate Small Victories
- **Consider Child's Age/Stage**
  - Tailor the Routine
  - Be Mindful of Sleep
- **Be Open to Adjustments**
  - Re-evaluate as Needed
  - Listen to Your Child

# Practical Suggestions

For incorporating routines  
into daily activities.

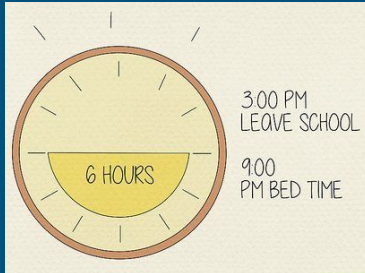


# Suggestions



## Morning

- Wake-up Time
- Hygiene Routine
- Breakfast
- School Preparation

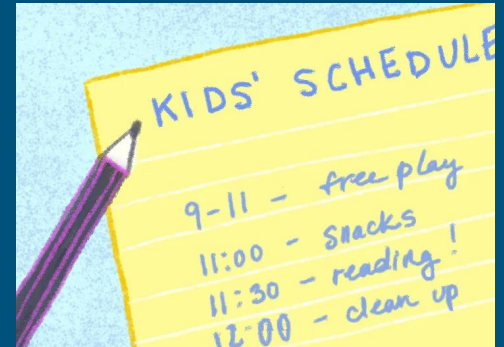


## Afternoon/Evening

- Homework
- Leisure Time
- Chores
- Wind Down/Bed

## Weekend

- Family Outings
- Activities
- Errands



# Overcoming Challenges and Setbacks

Implementing routines with  
children can sometimes be  
challenging.



# Strategies



- **Be Patient and Understanding**
  - Recognize the Learning Curve
  - Offer Support and Encouragement
- **Address Resistance**
  - Listen to Their Concerns
  - Find Compromises
- **Be Flexible**
  - Adapt to Unexpected Changes
  - Maintain the Overall Structure
- **Involve the Whole Family**
  - Create a Family Routine
  - Find Compromises

# Routines

Routines and Schedules play a crucial role in supporting students' overall well-being.

By providing **structure**, **consistency**, and **predictability**, routines can positively impact students' academic, emotional and social development.