

Family Practice: Create Routines



How to set up a family routine or schedule.

1

To begin, recognize that no two household schedules are alike. And the schedules can change from time to time. Consistency is key!

2

Take a Look at Your Day

What are all your family members doing at different times of the day? Set up a quick family calendar. Watch for trying times, hunger, crankiness, disorganization, etc.

3

Make a List of What You Want

What are your goals? Brainstorm together. Examples: easier bedtime routine, quicker morning, more family time, cleaning the house, etc.

4

Get It Down on Paper

Use a poster board or whiteboard and post times and tasks for each person and for everyone. Refer back to it often. Share it with babysitters or caregivers.

5

Follow the New Schedule for a Week

Try to follow your new schedule as closely as possible. Let everyone give feedback throughout the week. Help children become responsible for their part of the schedule.

6

Make Changes to the Schedule

After feedback, make necessary changes to the schedule to fit everyone's needs. When unexpected things occur that vary from the schedule, try to jump back into it as quickly as possible.