

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.

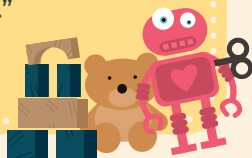


Go over the routines every day

"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?

