

## Ready... Set... Go! My Daily Routine

### Cooperating in a daily routine helps your child:

- Understand expectations of her behavior
- Develop her independence
- Increase her confidence in daily tasks



### Ideas to try with your child:

- Do things in the same order every day. This helps your child develop a schedule and routine so she knows what is coming next. This increases her confidence and cooperation in performing daily tasks such as getting dressed and brushing teeth after breakfast.
- Use a signal like a bell or singing a song to indicate when it is time to clean up. This will help her develop independence in cleaning up her own toys.
- Establish a predictable bedtime routine for your child such as: take a bath, put on pajamas, brush teeth, comb hair, read favorite book, hugs and kiss then lights out.

### If your child is struggling:

- Focus on just one part of the day and keep the routine as consistent as possible during that time. Do things in the same order. Children will cooperate more when they are aware what is going to happen next.
- Praise your child when you see her developing independence in daily tasks. Say: "I like how you remembered to pick up your toys after you played today. Thank you!"

### Going further:

- To promote more independence, make a chart of daily routines for your child. Let her "check off" things as she completes them. There are many free printable charts on line as or you can create your own to fit your family's routine.  
<http://www.pinterest.com/explore/preschool-chore-charts/>

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 3-4 years** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Remember and cooperate in daily routines. Learn new behaviors with a little practice." *About Me and My Family and Culture*, Ages-3-4 years, pg. 58