

## Getting In the Routine: Ages 4-5

### Keeping a routine will help your child:

- Organize his time
- Use the sequence of skills needed to complete a task
- Work with family members to finish a task
- Build self-confidence and independence

### Ideas to try with your child:

- Make a schedule of your day. Use simple pictures and words to help the child know what comes next. Refer to the picture schedule, asking your child, "What do we do next?" "And after that?"
- Teach the skills to complete a task such as setting the table. Use words such as "Put one plate for each person in our family. The fork goes on the left, the spoon on the right."
- Pick a task to do together that has several steps, such as raking the leaves. Describe the process as you work. "First we get the rake and our gloves. We rake the leaves into a pile. Then we put them in the yard waste bin. Now, we put the bin out by the curb and put our rakes and gloves away."

### If your child is struggling:

Talk through a simpler activity, such as making a peanut butter and jelly sandwich or other favorite snack. Have your child tell you what steps are needed to complete the snack.

### Going further:

Ask your child to create a schedule for a special activity, such as a family picnic. Help him to write down or draw pictures of all of the things you need to take with you.

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 4-5** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Participate easily and know what to do in routine activities." Growing Up Healthy, Ages 4-5, p.75