



Parent Newsletter

BACK TO ROUTINES

As summer winds down, August is the perfect time to ease back into daily routines. Children feel more confident and secure when they know what to expect. Whether your family is preparing for preschool, child care, or simply returning to a more regular schedule, small changes now can make transitions smoother for everyone. Remember, routines don't have to be perfect, they just need to be consistent. 

Scan the QR code to explore our **Back to Routines Resource Page**



Create a Predictable Bedtime

A consistent bedtime helps children get the sleep they need to learn, grow, and manage big emotions. Try beginning your bedtime routine 30-60 minutes before lights out with calming activities like reading a book, taking a bath, or listening to quiet music.



Practice Morning Independence

Give children opportunities to do simple tasks on their own, like putting on shoes, packing their backpack, choosing between two outfits, or helping prepare breakfast. These small responsibilities build confidence and encourage independence.



Use Visual Routines

Young children respond well to pictures. Create a simple chart showing the steps of your morning or bedtime routine using drawings or printed images. Children love checking off each completed step while learning what comes next.

MORNING ROUTINE CHART

You will need:

- Marker(s)
- Scissors
- Glue
- Velcro dots or stickers
- Tape to hang the chart
- Large piece of cardboard or poster board
- Photos or drawings of your child completing morning tasks



INSTRUCTIONS:

1. Write "Morning Routine" across the top of your board.
2. Draw a grid with one space for each morning task.
3. Add photos or pictures showing each step, such as:
 - Wake up
 - Eat breakfast
 - Get dressed
 - Put on shoes
 - Brush teeth
 - Grab backpack
4. Attach each picture using Velcro so your child can flip, move, or check off each completed task.
5. Hang the chart where your child can easily see it each morning and celebrate as they complete each step independently.

Source: <https://7daysofplay.com/morning-routine-chart/>

Discover Parent Support

Scan the QR code to explore family support resources available through Action for Children. From parenting programs to child care guidance and community connections, this page helps families find tools and support designed to help children (and the adults who care for them) thrive!

