**PARENT WORKSHOP: DAILY Routines**

**Goal:** Support parents and caregivers in establishing routines at home with children.

Use these *Parenting Minutes* videos, discussion questions and suggested activities to guide parents and caregivers through a short workshop that will support families in establishing simple routines at home with children. This workshop is intended for parents and caregivers of Preschool and PreK children. Have fun!

**SUGGESTED TIME**

30 minutes

**SUGGESTED MATERIALS**

- Chart paper and markers
- Screen for projecting Parenting Minutes videos (*you will need internet access to stream these videos*)
- Copies of Weekly Planner handout for each parent
- Writing utensils
- Copies of “Routines During ‘The For-Now Normal’” and “It’s Time for School!” (optional)
- Index cards (optional)
- crayons/markers (optional)

**VIDEOS**

*Routines:* [https://www.wnet.org/education/video/routines/](https://www.wnet.org/education/video/routines/)

INTRODUCTION

Begin the workshop by allowing parents and caregivers to introduce themselves and tell how old their children are. If you’d like, include the icebreaker question: “What is one thing you and your child like to do together?”

DISCUSSION

Introduce the goal of the workshop as a discussion about the importance of building routines into children’s daily lives. You can define “routines” as activities that follow a similar order and pattern each time. Routines can help to reduce stress around transitions from one activity to the next. When children’s daily lives have a predictable rhythm, it helps them to feel safe, comfortable, and more willing to approach new challenges.

VIEW VIDEOS

Play the Parenting Minutes video, “Routines” and if time allows, “Positive Parenting Strategies”
*The videos are available in English, Spanish, Bengali and Chinese

VIDEO DISCUSSION

Allow some time for comments on the two videos. Prompting questions may include:

- Are there any parts of the video that you could see yourself doing at home with your family? Give examples.
- Why do you think routines are important?

BRAINSTORMING ACTIVITY

- Using chart paper and markers, ask attendees to brainstorm the following:
- Do you currently have a routine at home that you follow with your family? If so, what is it?
  - There are so many opportunities during our day to build in routines. Together, let’s talk about what types of routines we could create during the following:
  - In the morning: examples may include brushing teeth, making bed, quiet play time, etc.
• Getting ready for school: examples may include getting dressed, packing a school bag, etc.
• After school: examples may include homework, outdoor play, nap time, etc.
• Evening: packing school bag, laying out clothes for the next day, family mealtime
• Bedtime: examples may include taking a bath/shower, pajamas, book/song, lights out

CREATE A SAMPLE FAMILY ROUTINE

Allow each parent and caregiver the opportunity to examine their own family’s day and find moments for a routine. Distribute the weekly planner (attached below) and writing utensils and have parents work alone or in pairs to create a routine for their families for each day of the week. When parents complete the activity, have them share what a day may look like with the new routines they have put in place.

*Tip: remind parents that routines can be flexible!

*Tip: allow parents to write their sample routines in their home language

*Tip: if there are various literacy levels among the parents, allow for options for parents to draw pictures of the routine instead

EXTENSION ACTIVITIES

If time allows, use index cards and crayons/markers to have parents draw pictures of their daily routine to share with their child. Each index card represents a different part of the family’s schedule. Sharing these cards with their children each day will help children to understand what to expect.
PBS KIDS RESOURCES FOR PARENTS AND CAREGIVERS

THE POWER OF ROUTINES

SMOOTHER TRANSITIONS TO HELP YOUR CHILD THROUGH DAILY ROUTINES
https://www.pbs.org/parents/thrive/smooth-transitions-to-help-your-child-through-daily-routines

HOW TO MAKE A NEW HOME ROUTINE
https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine

MAKE A BEDTIME ROUTINE BOOK

8 EASY IDEAS TO ADD MATH INTO YOUR DAILY ROUTINE
https://www.pbs.org/parents/thrive/8-easy-ideas-to-add-math-into-your-daily-routine

SESAME STREET IN COMMUNITIES: LEARNING THROUGH ROUTINES
https://sesamestreetincommunities.org/topics/routines/

DANIEL TIGER’S NEIGHBORHOOD: MY BEDTIME GAME
https://pbskids.org/daniel/games/my-bedtime/

DANIEL TIGER’S NEIGHBORHOOD: IN MY BATHROOM GAME
https://pbskids.org/daniel/games/in-my-bathroom/

DANIEL TIGER’S NEIGHBORHOOD: DAY AND NIGHT APP
https://pbskids.org/apps/daniel-tigers-day--night.html
Let's create a schedule! First, think about the things that need to happen each day this week. Next, use the space below to write those things down. This schedule will help everyone stay organized.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>

Find more games and activities at [pbskids.org](http://pbskids.org)
Daniel Tiger sings this special song to help him get ready for school.

“Clothes On, Eat Breakfast, Brush Teeth, Put on Shoes, and Off to School!”

Ask a grown-up to help you cut out the pictures. Then line them up to show how you get ready for school.
Routines During “The For-Now Normal”

Daily routines have changed for many families because of steps taken to prevent the spread of COVID-19. Your children are likely staying home instead of going to school or daycare, and it can be easy (and understandable) for everyone to feel overwhelmed. Taking things one day at a time is okay.

Children and grown-ups thrive on predictable routines, even if they’re just “for now.” Together, write up a daily schedule (giving children some choices when possible) and post it where everyone can see. Remind children that they are an important part of the family team, and include some age-appropriate responsibilities such as picking up toys, feeding pets, or helping you sort laundry.

Keeping Old Routines

There’s always comfort in the familiar, so try to stick to some old routines. Keep bedtime the same if at all possible, maybe choosing one lullaby or story they can look forward to every night, which can give children a sense of control.

Creating New Routines

At the same time, so much is different—it’s a great time to create new routines to help everyone feel more connected and comforted. Any bit of normalcy helps! Together, plan a new family tradition or ritual, such as:

• Preparing a special meal or snack together on a certain night (children might make placemats). Mealtimes can be full of learning moments.

• Having breakfast in a blanket fort together, or lunch on a picnic blanket on the floor.

• Going around the dinner table and talking about one thing you’re thankful for or one good thing that happened that day.

• Playing a card or board game together every night.

• Keeping up storytime, with a twist. Now is a great time to make up silly stories: humor and fun help bring down everyone’s anxiety level.

• Looking at the moon every night or counting the stars before bed.

• Sharing some extra quiet time at bedtime. Hug, reflect on the day, and say something like “I was proud of you when…”

It’s okay if your new routines don’t go as planned. If you don’t get to the activity you had planned for the morning, try it in the afternoon—or the next day, or the day after that. Don’t put pressure on yourself to get everything done—remember, children are resilient and so are you.