Importance of Routines

Children like to live in a predictable world, where meal times, nap times, and toileting are on a schedule. Try to create a caring and positive daily routine where your child's needs are met. Routines offer children a sense of security and tender care from their parents.

Separation Anxiety

There comes a point in every baby's life when he or she feels very strongly about being left by his or her parents. This is referred to as separation anxiety. A child might sob loudly and seem terribly upset when separating from you. Be sure to comfort him or her with calm words and affection. Establish routines and responses that help your child overcome his or her fears. Security objects, such as blankets or stuffed animals, can help your child feel comfortable.

Attachment

Creating daily routines are important for babies. Feeding and diapering routines communicate to your child that he or she can trust you and that you can be relied on to provide for him or her. This special bond of trust is called attachment. Be aware of your baby's cues and talk to him or her, even though he or she may not be speaking yet. Establish routines based on your baby's needs.

Mealtime and snacktime

Children like simple food they can eat with their fingers. It's important that snacks vary from day to day and that the foods they eat are healthy. Each child eats at a different pace. Some children eat more or less than other children. Eating should be a shared and enjoyable experience.

Toileting

Through your handling of diaper changes, toilet-training, and self-toileting, your child will learn about the body, gender difference, and hygiene. It's important to encourage and give positive feedback to your child. Be sure to include hand washing as part of the toilet routine.

Nap time and bedtime

Nap time and bedtime can communicate warmth and security or stress to your child. Your child decides whether or not he or she sleeps, but you can create a relaxed environment. Sometimes it's hard for children to relax and calm down from a busy day. You can help your child by setting a sleep routine that is quiet, calm, and consistent. Try to relax your child by reading quietly, playing soft music, and rubbing your child's back.

Notes on routines: