

## Family Activities



### School Readiness Skill: Follows simple rules and routines

Children need consistent rules to keep their days organized while they learn and grow through new experiences. Rules and routines also help keep children safe. This becomes very important as children transition to more structured elementary school settings.

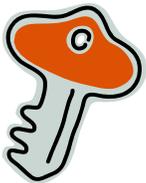
### Breaking It Down



Help your child understand routines by breaking it down into simple steps. Show your child how to do each step of the routine and then have him or her try it on their own. Use first and then phrases: “First we wash our hands, and then we eat a snack.”



### Consistency is Key



Children crave routine. Routines are something that is done the same way each time or at the same time each day. Routines build important self-help skills. The learning of routines helps children care for themselves and belongings. This will become important as your child makes the transition to kindergarten where they will be expected to be more independent. Parents must always be consistent. This consistency is important even when your child is with the babysitter or at a grandparent’s home. The routine should be at the same time each day (i.e. bedtime should be at the same time every night).

### Practice Makes Perfect

Set up routines that help your child practice self-care skills. For example, have your child help you make the bed in the morning, clear the table after lunch, or clean up their room before bed.



### Games



Play simple games like *Mother May I?* or *Simon Says*. These kinds of games help your child learn to follow simple directions. You can also play games like *Candy Land*, *Chutes & Ladders*, or *Follow the Leader*. Be sure to explain the rules to your child and him or her follow them. Always discuss why rules are important.

## Routine Charts

Some routines may be more difficult for your child. In these cases you may want to have your child help you make picture charts that show all the steps that are necessary to complete the task. For example, you could make a morning routine chart that could include: waking up, getting dressed, making the bed, and brushing teeth. Hang the chart somewhere that your child can see it. This will help him or her remember all the steps. It is important to be reasonable. Your child will not be able to do everything that a grown up can do. Always make sure that the routines are appropriate for the age of your child. Note: Two sample charts have been provided with this family print activity.



## Follow the Rules (source: [readyatfive.org](http://readyatfive.org))

Simple rules are a great way to teach your child about responsibility. Rules can set limits and expectations that children need. Young children do best when there is structure and limitations to what they are allowed to do. Use the following guidelines when developing rules you wish for your child to follow:

**Quality not Quantity-** Pick 3 to 5 rules that are really important to you. Keep the focus on those rules that will keep your child safe. Too many rules can be overwhelming and easily broken.

**Observable-** State the behavior you want to see your child exhibit. What does the rule or behavior look like? For example, “Pick up your toys after you finish playing.”

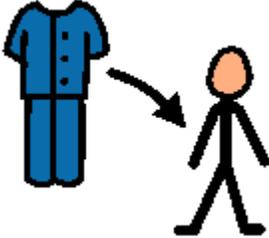
**Positive –** Tell your child what you want him or her to do, not what you don’t want them to do. For example, “Keep your hands and feet to yourself,” as opposed to “Don’t hit. Don’t push.”

**Hint:** To help everyone remember the rules you have developed you may wish to list them on a chart and hang in a prominent location in your home.



*Bella's Rules* by Elissa Guest  
*Rules for School* by Alec Greven  
*Tell Me the Day Backwards* by Albert Lamb  
*Tell Me About Your Day Today* by Mem Fox

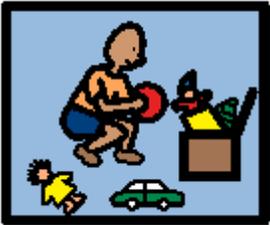
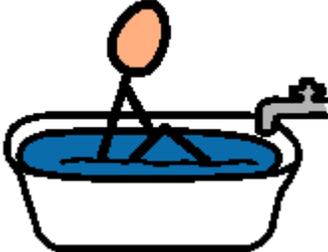
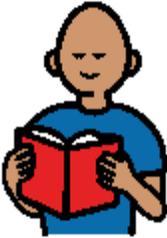
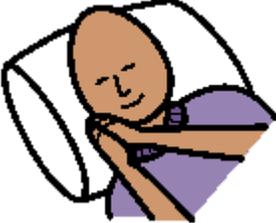
# My Morning Routine

<p>First, I get dressed.</p>	
<p>Next, I make my bed.</p>	
<p>Then, I eat breakfast.</p>	
<p>Last, I brush my teeth.</p>	

My name is: \_\_\_\_\_.

# My Night Time Routine



<p>First, I clean my room.</p>	
<p>Next, I take a bath.</p>	
<p>Then, I read a book.</p>	
<p>Last, I go to sleep.</p>	

My name is: \_\_\_\_\_.