

GETTING ORGANIZED: ESTABLISH A FAMILY ROUTINE

Have you had any of these experiences at your home?

- Impossible to get your kids out of bed on time?
- Running late because your daughter cannot decide what outfit to wear?
- Couldn't find your keys to drive the kids to school?
- Do your kids come home, throw their school bags and coats on the floor?
- While you are preparing a grilled cheese for supper, have you run out of bread?
- When it's homework time, there are no sharp pencils to be found?
- Do your kids complain every night when it is time to go to bed?

Experience has taught me that many families encounter one or more of these scenarios on a daily basis. If you do not have a daily or weekly routine established, now is the time to take action. There will be no guessing games and it will instill a great sense of security and calm in the family home. Let's get started!



Plan

With your family, discuss the timelines that will take place from Sunday to Thursday. Friday and Saturday, of course, are weekends and these rules may not apply.

- _____ Wake-up time
- _____ Out-the-door to school time
- _____ Homework time
- _____ Bed time *Feel free to add more timelines eg. Supper time, Bath time, but clearly outline what is expected of each family member.*

Routine outlines the WHAT, WHEN, WHERE, HOW and WHO of the day.

Communicate

Sunday night sit down with your calendar and figure out who is going to be where, when and how they are going to get there. Every morning during breakfast go over the daily schedule with everyone. You may find that the night before is a better time to go over the following day routine.



Prepare

The night before, there are many things you can do:

- ✓ pick out clothing
- ✓ pack lunches
- ✓ have breakfast items ready for the morning
- ✓ know what you will be having for supper the next night
- ✓ have your keys in a specific place AND make sure that your car has gas



Establishing routine does take some time to put into place, but it will save you tons of time and teach your family how to work together and prepare your children to become responsible adults.