

Tips for Parents - Importance of Routines

Why routines are importance for children and Young People:

- All of us thrive on routines, whatever our age. It is especially important for children and young people to get into good routines to help them to achieve their best in school.
- Good routines will help ensure that children and young people are healthy, both physically and mentally, as well as set them in good stead as they move on to college and work.
- It can be really challenging with teenagers to ensure that they get enough sleep and eat healthily. By adding a clear routine into their lives, with clear expectations you will help them to make better choices and take away the pressure they may feel from friends to stay up late or develop poor eating habits.
- Studies have shown that routines also help by:
 - Offering a sense of safety and security within their homes
 - Strengthening relationships when created to include family time
 - Supporting their body's body clock when focused around a regular bedtime
 - Enhancing their sense of empowerment and responsibility by incorporating important tasks within their routine (ie, chores)
 - Helping them develop basic time management and work skills

Practical tips to help develop a routine that works for your family:

- Try to create a schedule and as far as possible stick to it. Make family meal time a set time each day during the school week, so they know that this is when they need to sit at the table and eat.
- Try to be consistent. All children and young people need boundaries and consistency, even if it means putting your foot down and being firm, keep the rules the same all week, so that they get into healthy habits.

Regular sleep Routines

- A regular sleep routine is essential for a growing brain. Encourage your teenager to go to bed and wake up at a regular time each day.

- On average, teenagers need 8 to 10 hours of sleep each night.
- Generally, spending at least an hour away from screens prior to bed time can help teenagers wind down.
- Relaxing, calm and enjoyable activities such as reading a book or listening to soothing music in a dim light can help prepare the brain for sleep.

Morning routines

- Predictable and consistent routines can help your teenager prepare for their day at school.
- Set an alarm for the same time each morning, so that their body clock gets used to waking up at a set time.
- Encourage your child to get their uniform and bag ready before they go to bed, so that they are not rushing around in the morning trying to find things.
- Make sure that your child eats breakfast in the morning. This then will help with concentration at school for the first lessons before break time.

Where to find more help and guidance:

- Mind charity - [The importance of routine - Mind](#)
- Courtney Harris coaching website has practical tips for how to talk to your teenager about routines - [How to Talk with Teenagers About Routines: 10 Tips for Success and Ease \(courtneyharriscoaching.com\)](#)
- NSPCC - [Positive parenting | NSPCC Learning](#)
- NHS Live well - [Live Well - NHS \(www.nhs.uk\)](#)

You can also contact us at the school:

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