

# ROUTINES



**Did you know?** Routines at home can improve your baby's listening and learning language.

## What are routines?

### DAILY ROUTINES

Eating  
Dressing  
Waking up  
Going to bed  
Bathing

### PLAY ROUTINES

Play time with toys  
and others  
Singing songs  
Family time  
Playing outside

### SOCIAL ROUTINES

Going to the store  
Going to relatives' homes  
Outside the home visits

## Why are routines important?

- We all need a sense of routine, a way to get things done.
- Routines help babies with their “body clock”:
  - Able to go to bed at night
  - Eat healthy full meals
  - Regular diaper schedule
  - Healthy play and outdoor time
  - Support a baby to be calm and relaxed during down times
- Routines provide babies and children a sense of security, especially if life seems more stressful.
- There is predictable language that caregivers use during routines and this builds on the baby's listening, understanding and talking.

# ROUTINES



- Set up the important times such as mealtime, nap time, snack time and bedtime.
- Be patient! Setting a schedule may be hard at first.
- Add helpful elements to each routine such as snuggling every time you read a book together.
- Be flexible and adjust as needed! Baby's snack time might take place in the car instead of at home in their highchair.