

## Parent Resource

### The Power of Routines

At school, familiar routines and a consistent schedule are incorporated early on. Routines help children feel safe and secure in their environment. For children that struggle with transitions, consistent routines provide a sense of comfort and trust as well as helping them to know what is going to happen next.

Routines can be modified to fit your schedule at home, and it is good to incorporate choices so that your child feels confident and independent. It is important that you keep routines flexible and best fit the needs of your family.



Source: PBS for Parents