



Routines

Children go through changes every day, which can cause anxiety. However they can handle change best if they know it is coming and if it happens within a familiar routine. Routines help children feel safe and secure. It also helps them to develop self-discipline.

How can routines help?

Routines help to avoid power struggles. You are not bossing your child around: doing your homework before you get to watch TV and brushing your teeth before bed is just what we do at this time of day. Routines also reduce anxiety, which means that children are more likely to listen and cooperate with you. They also help children become more independent and feel empowered, leading to less power struggles. Having routines at home that are clear to everyone also helps you to build in some very precious quality time to connect with your child.

Sometimes we could all do with someone to talk to. If you would like to meet Claudio for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on Mondays at 9-10am. You can call/text Claudio on 07901-000609 or email him at Claudio@schoolscounsellingpartnership.co.uk