



# Wee Learn

Wee Builders  
(3 – 4 years):  
The Power of Routines



Every family needs routines. They help to organize life and keep it from becoming too chaotic. Children do best when routines are regular, predictable, and consistent.

As a parent, review the routines in your household to ensure that they accomplish what you want.

## Benefits of Using Routines with Your Kids

**1. Routines eliminate power struggles.** Routines eliminate power struggles because you aren't bossing the child around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

**2. Routines help kids cooperate.** Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next; we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

**3. Routines help kids learn to take charge of their own activities.** Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves, have less need to rebel and be oppositional.

**5. Regular routines help kids get on a schedule.** Regular routines help kids get on a schedule, so that they fall asleep more easily at night.

**6. Routines help parents build in those precious connection moments.** Try a snuggle with each child when you first see them in the morning, or a "recognition" ritual when you're first reunited

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