

Family Wellness Newsletter...

It is October and the program year is up and going. I hope your child or children are enjoying the Early Explorers experiences. This month I want to talk to families about routines and schedules. Do you have a rules, routines and schedules in your home?

*I want to take a moment of your time to say that routines and schedules are extremely important for young children as well as older children. Children do not have many experiences in the world and even for adults; the world can be a big and difficult place to navigate. **Giving your child the gift of rules, routines and schedules helps them to feel safe.** These things help them to know that they are safe.*

Rules help children learn how to live in their world. The world has many rules. Children who learn about limits on their behavior and what is allowable in their homes will have a much easier time adjusting to the rules in society.

Routines and schedules help a child to feel safe. They know that at a certain time they can expect to be fed, that there is a time for play, a time for chores and a time for bed. I don't mean you have to be a slave to a schedule - however, your child and you too will be healthier and happier if you try to have regular routines.

If you would like more information about bedtime routines, healthy eating, or setting limits, please talk to your Early Explorers staff. The staff have many ideas that may help you to get your family on track.

I will be writing more about routines and rules as the year progresses. I encourage you to participate in your parent meetings. This is an excellent chance to talk to other parents of young children. You can learn and share from each other and have a fun time away from the children.

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