

## Routines for a Calm, Happy Child

Providing young children with predictable routines is like wrapping a warm cozy blanket around your child.

### Waking

- Talk to me in a calm, gentle voice when you pick up and cuddle me.

### Change-Time

- Talk to me about what you are doing.
- Sing a song to me e.g. Twinkle, Twinkle, This Old Man softly
- Name my body parts as you dress me.

### Breakfast

- Sit facing me so that I can see your face.
- I can feed you too, yummy fun!
- Talk to me about what I am doing e.g. eating bananas.

### Play Time

- Play baby games with me such as Peek-A-Boo, So Big, Round and Round the Garden.
- Let me watch you hide a toy under a blanket and ask me "Where's the ball? Get excited when I find it, I feel so smart when you do!
- Hold me in your lap facing you so that we can copy each other's noises or funny faces back and forth.
- End with a quieter activity or song so that I will be more ready to fall asleep.

### Nap

- I like it when you do the same routine with me each time.

### Change-Time

- Make faces with me in the mirror. Tell me what a beautiful child I am.

### Lunch

- Keep the same routine. Say a rhyme, song or prayer before the meal.

### **Play Time**

- Take me outside in a snuggly, baby-backpack or let me explore by walking. Talk about what I see, get down to my level and show me flowers, bugs and animal foot prints in the snow. Chase me and catch me with a great big hug.
- Dance with me. I love the movement and interactions with you.
- I need a cuddle if I hurt myself, am upset or frightened. You make me feel safe and loved. Label my emotions e.g. you're sad and need a hug from mom'.
- When you hear a noise, point it out e.g. Dog is barking.

### **Play-Time**

- Play with baby dolls together, feed and comfort them. Show me how to be a good mom/dad.
- Imitate my actions. I love it when you do what I do as it makes me feel important. Get excited when I do something new.
- When you leave the room, tell me and wave 'bye-bye' and when you return say hi with a big smile.

### **Supper**

- I like it when you eat with me too, especially when we eat the same things. Place my high chair so that I am a part of the family and can see everyone. I learn a lot this way.

### **Play Time**

- Read to me or look at photo albums together. Point out our family and friends. E.g. Here's Mommy and Grandma.
- Give butterfly kisses (flutter your eyelashes against my cheek and whale kisses (brush your eyebrow against my cheek) and then look into my eyes.

### **Bath**

- You can bathe with me to promote skin to skin contact. The water provides warmth, familiarity and is a soothing activity.
- End with a lotion massage, gentle touching relaxes me. When we use the same lotion, I associate that scent with you.