

Create a routine

From homework to household tasks, it's possible to get everything done when your family has a routine that's easy-to-follow and makes time for having fun together.



Make it easy-to-follow

Having a daily routine and sticking to it as much as possible gives children and teens a valuable sense of security.

- Make a schedule that includes everything—from meals and homework to playtime and bed time
- Children and teenagers can help plan their routine. They will be more likely to stick to the schedule if they have been involved
- Help younger children learn their routine by taking them through each activity step-by-step

Set aside time for fun

- Playtime is an important part of a child's development, so set aside time for independent play and guided activities
- Indoors or outdoors, playtime is a good opportunity for your child to learn a new skill or try a new game or sporting activity
- Spend time with your teens by exercising together. You could go for a jog or play a game of catch

Teach healthy habits

- Use your family's routine to encourage healthy habits. Like brushing teeth before bed, washing hands regularly and combing hair in the morning
- Set aside time to relax before going to bed. A regular bedtime routine will help your child get a good night's sleep

Routines are good for parents, too!

When life is busy, routines can help you feel more organised and less stressed. It can also help your family get everyday tasks done quickly and efficiently, leaving more time for fun activities.

Routines work well when they include time spent together.

Add in time to tell your child a story before bed and share a regular family meal.

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

