

ROUTINES AND PREDICTABILITY

Creating a routine that is predictable will allow the child to start a process of feeling safe and having a sense of structure. This is important for all children, and has added importance when children have experienced the world as a scary and unpredictable place.

Can you describe a typical day? Can you put some routines in place that can work for your family and serve the purpose of making a child feel safe. Here are some ideas from other parents:

We put a bedtime routine in place: and try to keep to the routine of bath, story and bed at about the same time each day.

We made a timetable for the week and put it on the fridge – it meant that we knew when soccer practice was on and what days were swimming and library at school. It made us both feel a bit safer – knowing what was happening each day.

A typical day:

Morning

Afternoon

Evening

A new routine