



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

**UNC-CH,
Department of
Epidemiology**

Spring 2017

www.NCSEED.org

Routines Matter

Every family is different. Some families enjoy structure while others enjoy flexibility.

No matter which you like better, it is important to find a daily routine that works for your family. Adding routine to your child's life can help him feel secure. Routines help children learn how to organize their time and can help ease stress and anxiety that may occur when things in life change. Routines can promote self-control as well as confidence when performing daily tasks. Routines also provide children with a basis for learning.

Most of us follow a basic daily routine (when we wake up or go to sleep, when we eat, when we bathe), but there are large gaps of time

between those daily tasks.

To help develop routines, it might be useful to create a daily or weekly schedule where you divide your day into blocks of time. Add in your daily, routine activities first. Then add other activities into the different blocks of time (doctor's appointment, grocery shopping, gymnastics, naptime, outdoor play, reading books, dancing to music). Filling in the gaps will help ease your stress level as a parent and ensure your child is engaging in a good range of activities.

Don't forget to schedule free play! Unstructured playtime is important to every child's development. Remember, just because you have a routine doesn't mean you have to plan every minute of every day.



Adapted from:

http://www.kidspot.com.au/parenting/toddler/happy-toddler-zone/keeping-kids-happy-all-day-why-routines-matter?ref=page_view%2Chappy-toddler-zone

NOTES

- We are excited to meet our SEED 3 families!

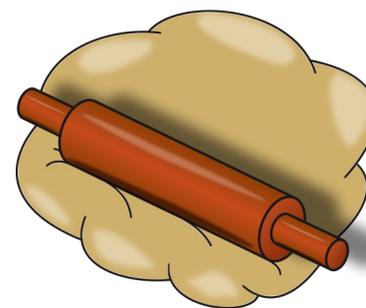
Rainy Day Fun

Are you looking for a fun, rainy day activity to do with your child? Try making your own Play Dough at home! All you need are a few materials:

- ◆ 1 cup salt
- ◆ 1 cup flour
- ◆ 1 cup water
- ◆ Food coloring

- ◆ Cookie cutters
- ◆ Rolling pin
- ◆ Storage container

Add the food coloring to the water for your desired dough color. Put salt and flour in a bowl. Allow your child to mix the dry ingredients together with their hands or a wooden spoon.



Add the water to the dry ingredients and mix.

Knead the dough until it is smooth and elastic without being sticky.

Dump the dough onto a floured surface and let your child's imagination take over!

