

5 Benefits of Creating Routines for Kiddos



Dr. Ty Jiles-Vaughn, EdD, MFT-IT
Marriage & Family Therapist

tywanda@profoundpeace.org
262-208-4953

Hey Parents! The holidays are fun—but they can also turn routines upside down! Now that it's a new year, it's time to get back to a schedule that helps young children feel calm, happy, and ready to learn. Try these in your routine!

Create Schedules to Help Children Feel Safe

When children know what's coming next, they feel secure, less anxious, and have fewer meltdowns.

Use Routines to Manage Big Feelings

Consistency helps young children feel calmer, less frustrated, and move through the day more smoothly.

Consistent nap and bedtime routines reduce crankiness and help children listen better and play more peacefully.



Stick to Schedules for Easier Transitions

"First this, then that" helps children cooperate, reduces power struggles, and makes transitions feel familiar.

Support Your Child's Growing Brain

Routines build focus, self-control, and independence.

TRY THESE TODAY TO GET BACK ON TRACK!

- Start with bedtime & wake-up times.
- Use visual schedules or pictures.
- Give 5-minute warnings before transitions.
- Stay calm and consistent!
- **Need help? Contact me and let's talk!**