

# Simple Evening Routines for Families: Teaching Independence and Responsibility

Evening routines are essential for families with children. They provide structure, help children wind down, and offer valuable opportunities to teach independence and responsibility, as well as a time for you to connect with your child.

In this pdf, we'll explore some simple evening routines that can make life easier for parents while encouraging kids to take on more responsibilities that will help them develop a healthy sense of capability and feelings of accomplishment.

## 1. Set a Consistent Schedule:

Consistency is key to creating an effective evening routine. Start by setting a fixed bedtime for your children. Consistency helps kids regulate their internal clocks and prepares them for a good night's sleep.

## 2. Create a Visual Schedule:

Visual schedules are great for young children who may not fully grasp the concept of time. Use pictures or symbols to illustrate the evening routine. Place the schedule where your child can see it and encourage them to follow along. Using photos will help non-readers to follow the schedule.

## 3. Establish a Homework Routine:

If your child is school-age, allocate a specific time for homework or study. Encourage them to complete assignments independently, but be available for assistance if needed. As they get older, gradually transfer more responsibility of their homework to them.

#### 4. Prep for the Next Day:

Involve your child in preparing for the next day. Lay out clothes, pack backpacks, and decide on lunch options together. This not only teaches responsibility but also ensures a smoother morning routine.

#### 5. Evening Tasks:

Assign age-appropriate chores for your children. Younger kids can help pick up their toys, while older children can set the table, clear dishes, or feed the family pet. These tasks teach responsibility and contribute to the overall functioning of the household.

#### 6. Bathtime:

Encourage them to brush their teeth, wash their hands, and take a bath or shower. Make these activities fun by incorporating games or songs. (Organizing tip: place easy to reach hooks for those wet towels that you children can use to hang up their bath towel themselves)!

#### 7. Storytime and Wind Down:

Reading a bedtime story is a wonderful way to bond and prepare your child for sleep. Encourage them to select a book and take an active role in the bedtime routine. This can help instill a love for reading and independence.

#### 8. Lights Out:

As the final step in the routine, turn off the lights and say goodnight. Make sure your child knows it's time for sleep. Offer a comforting bedtime ritual, such as a hug, kiss, or a special phrase that signals the end of the day.

#### 9. Reward and Praise:

Positive reinforcement goes a long way in teaching responsibility and independence. Praise your child when they successfully complete a task or follow the routine. Offer a reward system to motivate them, such as earning stickers or points for a special treat.

#### 10. Be Patient and Flexible:

Remember that teaching independence and responsibility takes time. Be patient and adjust the routine as your child grows and their needs change. Your consistency and guidance will lay the foundation for a lifetime of responsible and independent behavior.

#### Conclusion:

Evening routines for families with young children are not only about structure and bedtime but also about teaching vital life skills. By implementing these simple routines and gradually introducing more responsibilities, you can help your children become more independent and responsible, all while enjoying quality family time during the evening hours.

Need more support in your parenting journey?

Contact Gretchen to ask about Parent Coaching @ 423-225-2436