

## Foundations Rise & Shine

### Lesson Focus: Routines and Rituals

Parents of babies need special superpowers. Forget about leaping tall buildings in a single bound or even flying. Parents really need the ability to become invisible in order to check on a sleeping baby, the power to fully function on only 3 hours of interrupted sleep, and the capacity to do the laundry faster than a speeding bullet! Your baby also needs a superpower—the ability to predict the future—and you can help your child by establishing routines and rituals.

At Kindermusik, we understand that babies' brains seek predictable patterns to help regulate their internal clock and navigate daily transitions. Routines and rituals teach your baby that the world is a predictable (and safe) place. It's one of the reasons we always mark the official start of class with "Heigh-ho Hello" and the end of class with "Goodbye, Babies." Your baby learns to expect musical playtime after hearing the hello song and predicts it's time to leave after the goodbye song. Rituals and routines work closely together to provide continuity and connectedness—both vital to your child's development. (By the way, "eyes in the back of your head" is a handy superpower for the upcoming toddler years.)

***Everyday Connection:*** *Not Stuck in a Rut.* Turn daily routines into special family rituals. Add infant massage after bath time. Dance to a favorite song together after naptime. Go for a stroll after dinner, or snuggle together and read books.