

# Have Routines

- Routines help children feel safe.
- Have a routine for bedtime. For example, bath, cuddle and look at a book together or sing a song.
- Try to also have a routine for the day, such as resting and eating meals at around the same time each day, it doesn't matter if you cannot always do this.

Every moment matters



# Routines

Our families \_\_\_\_\_ routine

