



Establishing a Routine

Importance

Establishing routines helps children feel less stressed, safer, and gives them a sense of independence. Doing routines together in a fun way, like a song, helps strengthen family relationships. You can create new routines for your child, invite them to join in routines already established, or simply let them help with your to-do list

Songs

This is the Way

(tune: Mulberry Bush)

This is the way we put on our
shirt,

put on our shirt,

put on our shirt,

This is the way we put on our
shirt,

So early in the morning.

(verses: put on our pants, shorts,
hat, shoes, etc.)

A Helper I Will Be

(tune: The Farmer in the
Dell)

A helper I will be,

A helper I will be.

There is work to do,

There is work to do

A helper I will be.