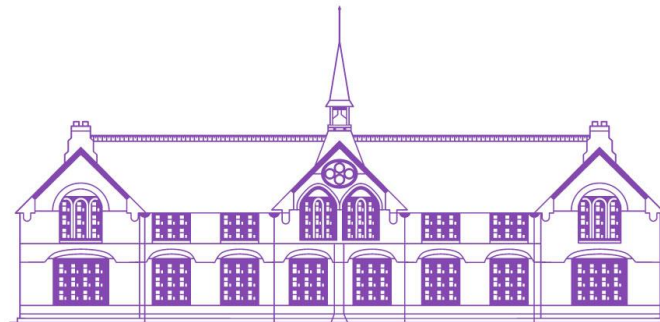


# Routines & Boundaries at Home

Parent Workshop



**Miranda Aston  
Pastoral Team**

# The Pastoral Team



Miss Shackell

Mrs Manson

Mrs Aston

Mrs Walia

# Routines for Children:

## Why they're important

- ▶ Consistency helps children feel safe and confident
- ▶ Children thrive on routines
- ▶ Knowing what to expect provides reassurance
- ▶ Visual timetables in school



# Use Positive Language

- ▶ Use positive language
- ▶ Tell children what to do, not what not to do
- ▶ Communicate what you want them to do clearly

# Two Great Choices

- ▶ The concept of 'two great choices' works well for many children
- ▶ Offer Choices: Let children feel in control within boundaries
- ▶ Too many choices can be overwhelming
- ▶ Supports children accepting rules and limits

# Consistency in Rules

- ▶ Keep guidance simple and consistent
- ▶ Make time for your child and listen to them
- ▶ Review family rules
- ▶ Ask for help



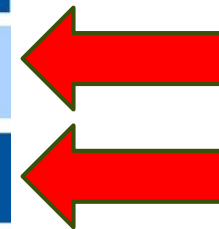
# Logical Consequences

- ▶ Avoid ultimatums
- ▶ Logical consequences - a child fix what they have done wrong
- ▶ The 3 R's of logical consequences stand for
  - ▶ Related
  - ▶ Respectful
  - ▶ Reasonable
- ▶ Do not shame or humiliate
- ▶ Turn negative behaviours into learning experiences
- ▶ Avoid making rash decisions when you're angry
- ▶ Be a role model
- ▶ Be consistent within the family



# How many hours does your child need?

 How much sleep is enough? 	
Age	Recommended Amount of Sleep
Infants (4-12 Months)	12-16 Hours/Day (including naps)
Children (1-2 Years)	11-14 Hours/Day (including naps)
Children (3-5 Years)	10-13 Hours/Day (including naps)
Children (6-12 Years)	9-12 Hours/Day
Teens (13-18 Years)	8-10 Hours/Day
Adults (18+ Years)	7-8 Hours/Day



# Bedtime Routines

- ▶ A repetitive set of activities before bed
- ▶ Vital for a child's sleep quality and quantity
- ▶ Supports working memory, attention, and other cognitive skills
- ▶ Calming activities and easy-to-follow routines can reduce bedtime struggles
- ▶ Turn off all screens
- ▶ Do not give up



# As they get older

- Be willing and give your child opportunities to show they can be trusted
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

# Where to Get Help

## 1. Positive Parenting Solutions

- [positiveparentingsolutions.com](https://positiveparentingsolutions.com)
- Provides tools and advice on positive discipline, setting boundaries, and effective communication with children
- Free online class

## 2. Place2Be: Parenting Smart

- <https://parentingsmart.place2be.org.uk/>
- Parenting Smart offers practical advice for parents and carers of children aged 5-11

## 3. NHS Parenting Tips (UK)

- [nhs.uk](https://www.nhs.uk) (Search "parenting tips")
- Offers practical advice on establishing routines and managing children's behaviour at home