

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
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MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
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(605) 328-7155

SANFORD
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Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

RITUALS AND ROUTINES The Importance in Every Day Life



SANFORD
& Parenting
YOUR PARTNER THROUGHOUT PARENTHOOD

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Importance of Rituals and Routines in Children's Daily Lives

WHAT ARE RITUALS AND ROUTINES?

A routine is a repeated, predictable event that provides a foundation for daily tasks in a child's life.

A ritual is a special practice that helps a child during stressful transitions.

WHY DO CHILDREN NEED RITUALS AND ROUTINES?

Rituals and routines help children feel a sense of control and predictability in their day. When children have predictability and feel a sense of control in their day, transitions in the day go better. Children tend to have fewer emotional outbursts and listen better when they know what to expect.

WHAT ARE THE BENEFITS OF RITUALS AND ROUTINES?

Rituals and routines have several benefits for children. These benefits include:

Providing children emotional support

Children feel secure when they know what will happen next, they are comforted by predictability and consistency. Having the same ritual every morning when dropping off a child at day care helps the transition from car to child care go smoother.

Helping children know expectations

When children know what is expected of them at different times it can help prevent child/adult power struggles. If your child's bedtime routine is to read a story before settling down to sleep, there may be fewer arguments about going to sleep because your child knows what comes next.

Encouraging children's positive behavior

Children become more independent when they know what to expect in a day. When children know what is coming next, it gives them a sense of control in their day.

Promoting children's health and safety habits

Health and safety routines are important as they guide children's actions when learning to take care of themselves. Add some fun to the tooth brushing routine, sing a song to your child as he or she brushes his or her teeth. Or always hold an adult's hand while crossing the street. Count your steps as you go to make the routine more enjoyable.

WHEN CAN I USE RITUALS AND ROUTINES IN THE DAY?

Rituals and routines can be easy and simple. They don't have to take a lot of time.

Here are some ideas to add rituals within your routine throughout your day.

When waking up

Sing the same wake up song every day.

When dropping your child off at child care

Wave at them when getting into your car.

During diaper changes

Play the "where's your tummy?" game.

During mealtimes

Give your child a special cup to drink out of.

At bedtime

Let your child pick out one good night book to read.

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