



# **Establish Routines for Kids**

## Establishing Routines for Kids

Sure, kids might complain and test their boundaries, but in reality, regular routines can provide them with a sense of safety and security. To put it simply, kids crave routine and structure!

### **Mornings**

Mornings can get crazy. That's why it's best to set up an easily accessible list of tasks that need to be completed. From brushing teeth and combing hair to getting dressed and grabbing school supplies, this will help the little ones stay on track before rushing out the door.

### **After School**

After the kids come home from school, their mind is probably already set on sitting in front of the TV or playing outside with their friends.

But before they run out of the car, ask them these key questions that will make them think about their time management.

- How much homework do you have?
- How long will it take?
- When do you think you should begin working on it?

Once you have these answers, establish a set time for homework to start.

### **Evening:**

The evening should be a time to relax, read, shower, and go to bed!

## Kids Organization Checklist

- Keep a family calendar in one central location. Track everyone's activities, and go over the calendar daily with the kids.
- Incorporate chore charts, so your kids know exactly what is expected of them. These daily checklists can remind your kids to: make the bed, read for 20 minutes, make their school lunch, etc.
- Daily lists are also great tools for tracking homework! This helps kids learn to prioritize. And by creating a reward system, it encourages your child to develop a routine. Remember, consistency is key. It takes 21 days to make something routine!
- Assign chores that involve sorting. For example: putting away socks, folding laundry, collecting the mail or emptying the dishwasher.
- Help kids get ready for the next day by picking out clothes, packing school/sports bags, and preparing their lunch and snacks the night before.
- Create systems for toys, clothes, closets, and books. Show your kids that there is a home for everything.
- Teach your kids how to organize a designated binder for each school subject and their homework.
- Establish a homework routine. Set a timer and create a homework area that's clean and clutter free!
- Kids love to get involved. Let them help with cooking or baking!

## About Annie



Annie is a mother of two who has always loved everything about organizing. She used it as a coping mechanism while attending nursing school and put her talents into practice when she needed to contend with masses of paperwork as a Critical Care Nurse.

Annie uses her assessment, communication, and planning skills to develop a Critical Care Plan to conquer clutter. Her passion and knowledge has turned many homes and offices into beautiful, functional spaces! She prides herself on her ability to use the items her clients already possess to create functional, attractive organizational systems. Any unwanted items she removes from her clients' homes are properly disposed of, or recycled. All donations are taken to local charities where they can be claimed by someone in need.

With several qualifications under her belt, Annie brings her years of experience to help you bring order and peace to your life. She continues to stay on top of the latest developments.

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