





7 REFLECTIONS on our family routines



 Deutsche Fassung
 Lëtzebuergesch Versioun
 French version
 Versão portuguesa



Did you know?

Family routines, habits and rituals are valuable for children and parents alike, because they offer a multitude of benefits. Studies have shown that routines:

- give children and parents a secure framework;
- strengthen every family member's sense of belonging;
- facilitate family organisation and create predictability;
- help us to avoid or to resolve conflicts and facilitate communication;
- help us to manage difficult situations and transitions better;
- can positively affect a child's language development as well as their cognitive, social and emotional development.

Family mealtimes

- Whether there are two, four or twenty people gathering around the table, eating together as a family helps us to become closer to one another, to listen to each other and to be present in the moment together.
- By imitating their parents, children discover a variety of tastes and learn how to behave at the table.
- Activities such as cooking together, setting the table or doing the dishes, incorporate several hidden practical lessons. A meal is an excellent occasion for everyone to be actively involved in family life, to work as a team and to enjoy themselves!
- Without screens, it is easier to know when you are full, to savour food and to talk.



Evening routines

Sleep is a frequently underestimated vital need. As parents we are, to a certain extent, responsible for our children's sleep. Here are a few tips for children and adults:

- listen to signs of fatigue and turn off screens one or two hours before your usual bed time;
- suggest a short evening walk, some silent drawing, a bedtime story, a massage, a bath, some calm music etc.;
- listen to each other and take time to tell each other about your day;
- Cuddle and compliment each other and focus on the positive events of the day



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Mornings, a parent's marathon?

Hurry up! Where's your bag? Quick, we're late! What parent isn't familiar with stressful mornings? A morning routine can help us have a more serene start to the day:

- getting things ready the evening before can lighten the morning routine;
- starting the day by saying good morning and having a cuddle benefits everybody;
- involving the children and giving them a choice in the morning routine improves their independence, their self-esteem and saves us time.

A few secrets of a positive routine

- Consistency: a routine is efficient if it is repeated, if all adults are on board with it and stick to it.
- Flexibility: a good routine adapts to the child's development and the family's needs.

- Modelling: Children will imitate and learn from the adults around them
- Participation: a routine is more likely to be accepted if it is created together.
- Humour: make the routines fun, simple and light!



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What we decide to keep

It can be interesting to take a step back and take a look at our daily lives occasionally. A routine makes sense if it makes our life easier. If it no longer suits us or adds pressure to our lives, it can be changed.

Don't hesitate to have discussions in your regional parent forums to find out what works for other parents, or to ask for advice from one of our coordinators.

What are your good family habits?

"Half an hour to myself is precious time before the children get up."

"We grant ourselves a regular date night as a couple."

"My daughter and I pull funny faces while we clean our teeth."



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The Eltereforum is a service of the ministry of Education, Children and Youth. It is a place where all parents can get advice, information and support.



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