Strengthening Families Program by Dr. Karol Kumpfer

Routines Reduce Stress

Positive routines reduce chaos, and foster freedom and peace! Establishing healthy routines reduces family stress, improve children's emotional health, and assures that the things most important to you get done. Here you will write your current routine, or a routine you think would work well for you to get everything done during the week.

You will discuss this as a family later! Write your routine below.

My Week-Day Routine:

What time do you go to bed? 88:88

What do you do to get ready for bed?

☐ Brush Teeth ☐ Wash Face ☐ Do Hair

☐ Something Else _____

What Time do you get home? 88:88

What responsibities do you have after school or work?

☐ Homework ☐ Chores

☐ Other Responsibilities _____

_____

Once kids have completed thier responsibilities, it is really important for them to have some time to do something they enjoy. It might be getting together with friends, playing outside, reading a book, doing a hobby, or playing a game with someone in the family.

What time do you eat dinner? 88:88

Family dinners are a good time to share values and bond. Make mealtime pleasant: Don't allow criticism at the dinner table, use a Conversation Jar, and share kind deeds you've done.

What time do you wake up? 88:88

What do you do to get ready for the day?

After a day of working or going to school, everyone needs to do any homework assigned. Sometimes true for parents, too!

You each also have chores. These may include taking care of younger kids, grocery shopping, laundry, cleaning, etc.

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