

Family Routines to Make Your Household Run → Smoothly ←



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How and Why Routines Work in a Family Environment



If you are a parent, it is important to know and understand how and why routines work for the family. You may be the type of parent that is extremely structured, or even a parent that likes to keep things on the light, flexible side. Regardless of which side of the planning fence you're on, having a sound schedule optimizes the time you and your family have together. Routines are an essential element to ensuring the priorities of the family are met and every member reaches their goals successfully. It is vital to have a set routine in place so the family is organized and able to succeed in all areas of life.

It's time to gain an understanding of how and why routines are important to a family's well being and overall success.

There are various types of routines which are performed within a specific family structure. The most common of all routines includes the times a family wakes up in the morning, as well as the bedtime or nightly routines of the family. Meal and snack times, as well as times for homework, play time, and even personal hygiene are also common kinds of routines.

It has been found that when there is routine in the home, children and adults alike thrive. Individuals who have a bit of organization in their life when it comes to the time they have each day and the tasks that they have to perform, are found to be more productive, more efficient in managing their time and more successful in general!

Children who live in a home where routines are implemented often have a greater sense of safety. There is a heightened sense of security for these children. This is because the home environment is predictable and ritualistic in nature. They know and understand exactly what is expected of them, and they come to learn their "role" in the family. This, in turn, helps to establish confidence in the child and strengthens the bond of trust between him or her and other individuals in the family. Children who feel safe and secure in their family also tend to develop a higher sense of self-esteem.

There are many important life skills children need when it comes to maintaining their bodies and staying healthy overall. These life skills include brushing their teeth, ensuring proper hygiene by washing hands at appropriate times, bathing/showering, eating the right foods, and exercising. By establishing routines in the home, parents can assist in encouraging these life skills. As time progresses, the child will learn to do these things in an automatic fashion. In the

end, the child develops habits that will last a lifetime and be extremely beneficial to their health in both a physical and psychological manner.

We all have what is referred to as an internal “clock” in our body. This helps to regulate the sleep and wake cycle that we all experience on a daily basis. When children have a routine in their life, this cycle is normally tweaked so that their bodies achieve its peak performance. It has been concluded that children lacking any routine often experience problems with the sleep and wake cycle. When this occurs, health may quickly decline leading to various types of infections and other serious problems. In contrast, the child who does have a routine in their life is often healthier and happier overall. If you have been wondering how and why routines are a good thing in your family, you are now well on your way to a better understanding.

Next, we'll tackle more specific areas in which a family can benefit from implementing routines.

Morning Routines Get Your Day Started on the Right Foot

Morning routines are an absolute necessity in today's world. This is especially true if you have children. As a parent, you have several different jobs that must be done at the beginning of every day. It's often said that the most stressful time in a family's household is in the morning. If you have one child, you know what I'm talking about. For those of you with more than one, you are probably nodding your head in absolute agreement right about now, maybe even smiling or laughing to yourself as well because you know this to be true.



No longer is worrying about getting yourself up and dressed your only concern. Now you have little ones that must be taken care of as well. Here are just some of the common tasks parents must do each and every morning to ensure their children start the day right.

- Waking the children up on time
- Packing lunches for everyone
- Double checking that homework from the previous night is completed
- Dressing the children or making sure they are dressed appropriately if dressing themselves

- Serving breakfast
- Getting book bags, coats, shoes, etc. ready
- Personal hygiene tasks – brushing teeth, washing hands, styling hair

In addition to this, you must ensure that you are up, ready, and all of the tasks to put you on your way for the day are completed. Doing all of this and making sure it is done right can be a true challenge. It's time to create a routine that makes your mornings go a whole lot smoother. Let's get started.

The first step to establishing sound morning routines that are calm and organized is to make as many preparations as possible the night before. While this may seem a bit odd, it is necessary to make morning routines less stressful. You will not be under as much pressure in the mornings when you are first getting started. Having everyone set out the clothes that they are going to wear the next day, making sure their backpacks are ready to grab on the way out the door, all homework and other projects are complete, organizing the schedule for the next day, and even setting out the items needed to make breakfast are all great measures to take when attempting to create a routine for your mornings at home.

If you have children, it is important that you get up a little earlier than they do in order to take care of things that you need to. Examples of this include getting your shower and getting dressed, taking care of breakfast, and even making lunches. This will allow you time to prepare before having to work with your children.

You should also rise in the morning with time to not only take care of these things, but also to have a little "me" time for yourself. Even as little as fifteen minutes each morning to read, drink a cup of tea or coffee or go for a walk will make a huge difference in your entire day. This may be the only time you get to yourself for the day. It is also the only time that you can truly focus and organize the things that need done that day without interruptions or other duties calling in the back of your mind.

The next step to creating morning routines in the home is to organize the tasks that need to be completed among family members. Delegation is the key to success when it comes to getting through mornings in a household with multiple members. There are many different tasks that can be completed by children of all ages. For example, if animals need to be fed, watered, and walked, they could do this. If cereal bowls need to be set out, they could do this. You can enlist your spouse to handle certain tasks and you can handle other specific tasks each morning. If your morning is broke up into several pieces among several different family members, it is quite likely that things will go much smoother for everyone, especially if you're the one who normally takes care of everything.

As you can see, mornings can be extremely hectic. However, it is quite possible to organize them in such a way that they run smoothly and are

productive in nature. If you want to succeed in your morning routine, simply follow the guidelines above and implement some of your own and you are sure to succeed.

Next, we'll discuss another area of family life that can get pretty hectic without some sort of routine in place.

Meal Time Routines for a Family-Centered Breakfast, Lunch, and Dinner



Meal time routines are truly important when it comes to the mental and physical well-being of individuals that are part of a family unit. While food is an important element of these times, it is not the only thing that is significant.

Research has indicated that routines are especially important in creating a strong sense of individualism and identity in the family. It allows children and adults alike to better understand who they are and their specific role in the family. Let's discuss some necessary steps to make certain meal time is successful in your home.

The very first step to establishing meal time routines is preparation. It is absolutely essential to ensure that you prepare ahead of time for meals. The key component is planning out the meals you will prepare. There are several ways to do this. I have found that the most effective strategy for arranging meals is to create a planner that consists of one week at a time. This planner should include the schedule for certain dishes offered at breakfast, lunch, and dinner. This will allow you the opportunity to maximize the ingredients you have in your cabinets, refrigerator and freezer. In addition to this, a quick glance will allow you to see what items need to be set out and which parts of the cooking can be done ahead of time.

If you want to make meal times a breeze, you can prepare the meals that you have planned for the week ahead of time and freeze them. Many moms (or dads if they do the cooking) take the time on Sunday, which was my day off from work, and cook many meals at once. I would then place the meals in protective wrapping, such as aluminum foil, zip lock bags or plastic containers and place them in the freezer. On the morning of the day when that meal was scheduled to be cooked, I would set it out prior to leaving for work. This way, when I returned

home, it would be there and ready to heat up and serve. Amazingly, this made meal time routines a cinch in my home.

The next way to ensure your meal time routine is simple and productive is to assign different family members different tasks to complete in relation to the meal. You may elect to have your teen heat up the meal you set out when they return from school. You can also have your child set out the dishes and utensils necessary to consume the meal. Your spouse can help with things like preparing salads and you can be responsible for preparing the glasses with ice and pouring the beverages. All of this delegating makes dinner time run more smoothly and doesn't leave the cook exhausted by the time dinner is served.

Once the family has eaten, it is important to also assign the cleanup process. Cleanup is often more challenging than the preparation of the meal. This is why it is very important that every individual has a role. One person may clean off the plates into the trash, while another family member stores unused food in the proper storage containers. One person can wash dishes while another dries. Yet another can tackle putting them away.

Following these simple steps will result in meal time routines that create productivity, less stress and a great deal of daily quality time spent together.

Speaking of cleanup, let's talk about another area of the family that could stand to use some routines – household cleaning! Moms, you're going to love this if you're the one who does the majority of the cleaning in your home.

Household Cleaning Routines to Keep Mom from Feeling Overwhelmed

As a mother, household cleaning can seem like a chore that never ceases to exist. In all actuality, this can be very true. Even if you are the mother to only one child, it can seem as if there is always something to do. Baskets of dirty laundry, other baskets full of laundry that needs to be ironed, dirty dishes in the sink, floors to be swept and mopped, other floors to be vacuumed, dusting, cleaning those fan blades, sanitizing the kitchen, bathroom, and other areas of the home, organizing cabinets, cleaning out the closets and the list goes on. All of these things can be so overwhelming to the mom that has to worry



about preparing meals, getting kids off to school, making sure homework is done, running errands, paying bills, and did I mention working?

Well mom, say goodbye to the days when your house has to be white glove clean and you have to do it all yourself! Here are some helpful steps to help make household cleaning a lot easier with the help of routines.

The first step to making household chores easier is to know and understand that everything does not have to be done in one day. That statement bears repeating and more importantly, remembering.

*EVERYTHING DOES NOT HAVE TO BE
DONE IN ONE DAY!*

Just as life and projects that we attempt in our life are a progression, chores should be approached in a sequence as well. The absolute best way to approach household cleaning is to sit down and make a list of all the things you must do in order to maintain your home.

Once you have compiled your list, take the time to consider how much time you would like to dedicate to the project each day. Then, you should determine how much time each individual chore will take to complete. Next, schedule something for each day of the week. For example, you may choose to do laundry on Sundays, dusting on Mondays, sweeping and mopping on Tuesday, vacuuming on Wednesday, scrubbing down the bathroom and kitchen and sanitizing it on Thursday, etc....

The next thing you can do once the schedule is set for regular household cleaning is to consider how each person in your home can make a contribution to the tasks at hand. Young children may be able to assist in vacuuming if the unit that you use is easy for them to handle. Another child may be designated to go through the home and obtain all the dirty laundry from various family members. You may choose to allow a teenager to assist in doing the laundry and ironing.

The choice is yours, and should be based on the available time, age, and ability of each family member living in the home. Scheduling chores in this manner may prove to be extremely beneficial when it comes to saving your time and sanity. This is especially helpful if you have a large family, but even a small family can make big contributions.

Setting up a routine is truly the most important element when it comes to making household cleaning easier. If you have a set routine, and every person in

the family plays their part, cleaning and maintaining the home will be a breeze! Just remember, in order to keep interest among yourself and the individuals you enlist to assist with the household responsibilities, it may be best to switch up the responsibilities once every week or two. This will allow everyone the ability to experience change and will also be beneficial in helping them learn all the components of household cleaning.

While we're on the subject of household cleaning, let's talk about chores and how they can make your household run more efficiently.

Age Appropriate Chores Help Create a Responsible and Happy Family



Chores are extremely important to developing important life skills a child should cultivate while at home. Not only do these tasks assist in the area of developing responsibility and enhancing the development of life skills, but they are also quite beneficial in providing the child with both a sense of “self” and a sense of the “role” they play within the family structure.

If you elect to hold children in your home responsible for certain tasks, it is important for you to know and understand the base measures for doing so. Here, you'll find some important techniques for chore assigning that will guarantee successful implementation of them in your home.

First, you must carefully consider the age of the children in your family. There are certain chores that are age and mentality appropriate. It is essential to cater chores to your child according to their age and maturity level.

As the children grow, their chores should also progress. This will enable them to learn important life skills that will mature and develop right along with them. The following list details examples of chores that are appropriate for 3 age groups:

Ages Up to Four:

- Children can learn how to put their toys away in the proper location.
- They may help in gathering dirty laundry.
- They can assist in caring for pets.

Ages Up to Seven:

- Many may be able to assist in caring for plants in and outside the home.
- Most children can assist in setting the dinner table.
- Drying dishes or removing dishes from a dishwasher may be appropriate.

Ages Up to Ten:

- Most children can learn to make their own bed.
- Vacuuming carpets may be appropriate.
- Assisting in washing a vehicle.

Eleven and Up:

- Most can assist in taking out the trash.
- Many learn to cook at these ages.
- Most can learn how to wash and dry clothes.

Rewards

There are some parents who believe chores are a standard responsibility of each family member and do not offer material rewards for completing the tasks. If you are one of these parents, keep in mind it is important to consistently praise your child. Being positive can be quite encouraging for children. This acts as a form of positive reinforcement that can result in the child developing skills in the given tasks.

If you do believe in a reward system, there are several different ways that you can incorporate this into your daily regime. You can choose among many different rewards. You may elect to allow them to have cash compensation, small gifts, or work their way towards special privileges – such as being able to go to the movies, have a slumber party, or take special trips to certain destinations. The choice is, ultimately, yours.

If you choose to implement an award system, you may consider making use of a chore chart. This is a visual representation of what is expected of your child, and allows for marking the overall progress of the child. In addition to this, it allows for a high level of accountability on both your part and the part of your child. If you take the information we just covered into consideration, incorporating chores into your home will be relatively simple, as well as rewarding too.

Another area of family life that needs a routine in order to run smoothly is that of school work. Read on to discover tips for making homework time more productive and less hair raising for you and your children.

Creating Routines for School Assignments or Homework

Creating routines for school assignments and homework is a necessary element when it comes to ensuring the proper educational course for your child. Whether your child receives their education at home, or through an educational facility outside of the home, it is important they have a special area designated in the home that is especially for educational pursuits.



In this section I will share recommendations I've heard over the years from home schooling moms that help to create an atmosphere that is necessary for the success of children when it comes to learning. These strategies are sure to assist you in the area of creating routines for school work your child must accomplish, whether they are home schooled or attend a public or private school outside of the home.

The first step in creating routines when it comes to school assignments is not so much about time management, but instead location. It is absolutely essential to have an area in the home where children are able to focus on things of an educational nature.

Many parents have transitioned an additional bedroom or corner of the child's own room into a makeshift "classroom" to assist with this endeavor. They include a bookshelf for the children's school books and other types of reading material, a four foot table with chairs that can be used as a desk to work on, and plastic organizers to help organize items like glue sticks, construction paper,

pencils, markers, crayons, and other items that may be needed to complete their assignments.

When creating this special spot for your child, it is important to make certain there are not a lot of distractions. If there is a computer in the room, it should be set away from the work area and only used for school – not games. Some parents find that having bright, colored posters around the area spark creativity, but other children are easily distracted by them. One mother, in order to decorate the room and liven it up a bit, allowed her children to hang their artwork on the walls. She reported that her children did not seem as distracted by these pieces as they were the charts or other posters she originally had on the walls.

You will need to determine what type of things distract your child and eliminate them from the room or special area where your child will be focusing on school assignments. Likewise, find the things that inspire your child and be sure to have pictures and other items that will allow their minds to grow.

The next step to creating a routine for learning is to designate certain times for certain tasks. If your child attends school outside the home, you will want to set a certain time to start homework. You may also elect to hold off on allowing certain privileges until the work has been completed. If you home school your child, this will be a much more challenging task. Many moms who teach their children at home have found assigning certain subjects to certain days of the week is an effective way to handle lessons. For instance, focus on Math on Monday, Science on Tuesday, Language Arts on Wednesday, and so on. In addition to this, blocking lessons into four hour long segments with periodic breaks is a great way to avoid boredom and loss of interest. You may find that this works for you, too.

Creating routines for school work is very important and should not be overlooked by parents. If you consider the space that your child will work in, the time frame that is appropriate for school work, and even the days that certain lessons are to be completed, you are sure to discover that a routine comes easily and is welcomed by your child.

From here we'll tackle one of the hardest areas for families to get under control – Finances!

Family Money Management is Vital



Money management is a hot topic in today's economy. This is the management system that outlines how you are designating the money you have now and also outlines exactly how money will be spent in the future. Money management includes organizing your finances, paying bills, saving money, and more.

In order to create a sound money management plan for your family, it is important to know exactly how to do it. This process will include setting financial goals, organizing the money you have now and will have in the future, reducing the amount of money you waste, and establishing a budget. In addition to this, it also assists in the area of saving money. You are about to be introduced to money management and how to make it work for you.

The first stride to money management is to set goals for your finances. You should set goals that are specific to your needs and your wants. When it comes to financial goal setting, a short term goal is one you can achieve in a year or less. You may choose to set a goal that can be achieved within five years or less, and this is considered a mid-term goal. If you elect to set a goal that extends past the five year mark, it is considered to be long term. It is important to understand that everyone has "money advice", but you are ultimately the one that must decide how you want to spend your family's money. Know that you can do this by setting financial goals.

The second step to managing your money is organizing your finances. You should have a special place where you document your spending, your savings, and a place that organizes all of the household's bills and other types of output when it comes to money. You should consider investing in a safe with a lock that is fireproof and a filing cabinet where you can store any and all vital information regarding your accounts, bills, budget, and other types of spending. You should also have a place where you can organize your receipts, copies of your checks, and bank statements. It is essential to keep track of all of these items to ensure that you are on track with the amount of funds coming in and the quantity going out.

Next, you should make certain you do all that you can to eliminate spending money in a wasteful manner. You can avoid this type of spending by carefully observing the habits you have when spending money. This is best completed by tracking what you spend money on within a week or month. You can then determine areas of misuse when it comes to your finances. Once you have

determined spots you can cut back on, it's time to create a budget. This should include the bills you have, the amount you are to put back for your financial goals, and other important aspects of your finances you wish to keep track of.

If you follow the tips listed above and stick to the budget you have created based on your research of the family's money situation, keeping in mind the financial goals you have set, you will find that money management in your family is actually simpler than you might have first thought.

Night Time Routines for a Good Night's Rest and a Bright Morning to Come

If you are a parent, you know and understand the challenges that occur when it comes to night time routines. Many children who are active simply have a difficult time giving in to the urge to relax and rest. Then there are children who simply want to be "out and about" within the home and do not enjoy the activities that occur in the evenings. Then, there are those that are ready to relax and get some rest, but simply do not enjoy the rituals that go along with the evening and night hours. Regardless of what type of child you have, it is absolutely essential to create night time routines. Here are some secrets on how you can do just that.



The first thing you must do when it comes to creating an effective night time routine is to consider the tasks that must be completed. This typically includes finishing up any and all homework assignments, setting clothes out and making preparation for the following day, having a light snack and drink, brushing teeth, taking a bath, squeezing in some family time, and, of course, the time in which you want various members of the family to go to bed. The best way to do this is to create a list for each family member and what tasks they need to complete. Then, you can break this list down into blocks of time.

In order to make things better understood in your home as far as night time routine roles and responsibilities, it may be in your best interest to break the list down and create charts for everyone in the home. This can be a simple chart or list that you can print out, or one you create on poster board and hang up in the space each individual member frequents the most. This will allow the person to

know and understand what is expected of them. This includes any and all children in the home, your spouse, and any other individual that may be residing with you.

Bath time can be very challenging in the home that houses several individuals. If only one or two bathrooms are in the home, it may be necessary to give everyone a set time in which they can take their bath. You should then break it down into a block of time that they have available to wash themselves, wash and condition their hair, and perform other tasks that are necessary right around bath time. Just a few of these extra tasks include things like shaving, brushing the teeth, flossing, and rinsing with mouth wash. I would say, on the average for a large family, approximately half an hour is probably an appropriate time frame to pursue this task for each individual.

Next, you should make sure each family member takes the time to get everything ready for the next day. This includes making sure all the homework, or work projects are completed in a satisfactory manner, the briefcase and/or backpack is packed, organized, and properly equipped with the items that will be needed the following day, and that the clothes are set out for the next day. I would suggest doing this at least an hour to hour and a half prior to bedtime just in case you find additional steps are needed before going to sleep for the night. Then, of course, set a bedtime and stick with it.

Following these suggestions will create night time routines the whole family can live with. Before you know it you're home will be cool, calm and collected in the evening.

The Importance of Routine for Family Time



Even the fun times in your family should have some sort of order, no matter how lax your family is when it comes to quality time together. Routines and rituals are essential to our lives. The same holds true when it comes to having routines and rituals for family time.

Most of the families in today's world are extremely busy. In order to thrive in the current economy, many parents must work one job a piece; some work two in order to handle the finances of the home. There are extracurricular activities and many other events that often stand in the way of success when it comes to families spending quality

time together. Let's discuss the importance of family time, as well as some ideas that will allow your family to actually enjoy this time together when it does happen.

When a family comes together and actually enjoys the company the other family members have to provide, it induces feelings of belonging and being loved. The togetherness offers a sense of security for the individual members of the family.

The family unit is the core support system for each of us as individuals. It is a support structure that is more important than any other support system available, anywhere. The family is the one social group that an individual should be able to depend on, regardless of what happens. It is the set of people that will accept and love an individual in spite of of social status, appearances, mistakes, and so on. This is why it is essential that family time is shared regularly.

When organizing time that can be spent as a family, it is best to designate a certain time of the week where everyone can relax and stay committed to spending time together. I find, in my family, it is best to set Sundays as our family day. If something arises, we make sure, as best as possible to keep our commitment to evening hours from about 5pm to around 9pm. You may choose another time frame for your family. The choice is yours and will vary from family to family depending on the work schedules and other obligations of each individual. Once you come up with a time frame, though, it is important to stick to it. Make sure that everyone knows and understands that absolutely nothing is to interfere with this time – it is to be respected and followed accordingly.

Now, there are a number of activities that can take place when it comes to the time that you can spend together as a family. You can choose to simply sit and talk, maybe have a treat, like cake, over a conversation about special things taking

place in each other's lives, or something similar. You may choose to have a board game night where everyone can participate in playing in a competitive, but loving environment. You may all select to sit down and watch a family movie together, or something similar in nature. Family time is not so much about what you do, as it is the fact that you are spending time together as a family unit, sharing experiences, and offering time for one another.

As you incorporate your family time routine, keep in mind the common goal is to spend quality time together, not time worrying about your other obligations, constantly watching the clock, or fighting and bickering. Creating a peaceful and loving time on a regular basis with those closest to you will create memories and bonds that nothing, not even time, can replace or break.

Bringing Routine to Your Home

As you can see routines and structure in general, are quite important in many of life's areas. Setting them as a family is vital to the overall well being of every single member. Routines and rituals are important life skills that allow each of us to experience structure, organization, and the best possible use of our time and resources. Throughout this guide, you have been introduced to several different types of routines, as well as the importance of family routines in general.



- Routines are important to the family on the whole, but are especially important when children are involved. The family unit is one that allows a child to have a sense of belonging, as well as a sense of self. The family structure that is well organized and nurturing allows a child to feel loved, safe, and secure.
- Morning routines are an important element of the family structure. Mornings can prove to be quite chaotic if they are not structured in some way. Preparing for the day ahead the night before, dividing up responsibilities among family members in the home, and ensuring that you have a little time ahead of everyone else in the morning will allow you to successfully implement the use of morning routines.
- Routines that directly relate to meal times in the family can be especially important when it comes to organizing the day and life of each person in

the household. They also allow for quality time to be spent with the entire family.

- Household cleaning is a task that has to be completed on a regular basis in order to ensure that the home is properly maintained, the environment is healthy, and the home is safe for all those that share it. You have discovered some helpful tips to help you organize and even delegate important household chores in and around the home in order to optimize the time that you have.
- Chores are responsibilities that are given to children and other individuals in the home that help to teach important life skills. There are many chores that are considered to be appropriate for certain ages, as well as particular reward systems as well. You were introduced to these chores as well as how you can delegate them for successful completion in the home.
- If you home school your child, you have learned the importance of a routine for teaching lessons, as well as designating certain space in the home for educational pursuits. If your child attends an educational facility outside of the home, you have been taught how to set up space for homework, and studying in general.
- Money management is an important element to the family. There are many short term and long term financial goals the family may want to pursue, as well as many financial obligations that must be met. You now know how to start down the path to organizing your finances to suit the needs of your family.
- Night time routines are another topic we discussed. It is important to have some degree of organization when it comes to routines that are ideally performed in the evenings, such as homework completion, baths, dental care and more. You received some helpful tips on how to organize your night to run more smoothly.
- Family time is very important for many reasons. Being a sound support system, feeling loved and secure are just some of the benefits of spending quality time together. In addition to this, you have been presented with some wonderful ideas on how to make the best use of family time.

Although every family is different, there are some things in life that are imperative to creating a strong family unit each member can be proud of. Setting routines will help you to achieve these things quickly and easily. Best of luck to you on your journey to a smoother running and content home!