KARITANE®
Partnerships made for parents

Routines

Every home is unique, so there's no one-size-fits-all approach to developing routines. Consider what's appropriate for the age of your toddler and what works best in your home.

WHAT TO EXPECT

- Anything you do consistently can be considered a routine.
- Routines provide structure and predictability, which can make a toddler feel safe and help them to calm and regulate emotions.
- Anything can disrupt a routine, such as holidays or illness. During these times, your toddler may be unsettled and need extra comfort and support.

REALITIES

At times your toddler may not want to cooperate. When this occurs, these steps might help:

- Stop and calmly get down to your toddler's eye level to get their attention.
- Take time to understand what your toddler needs – offer a hug or help if required.
- Slow down and calmly help your toddler transition into the next part of the day.

TIPS FOR ROUTINE DEVELOPMENT

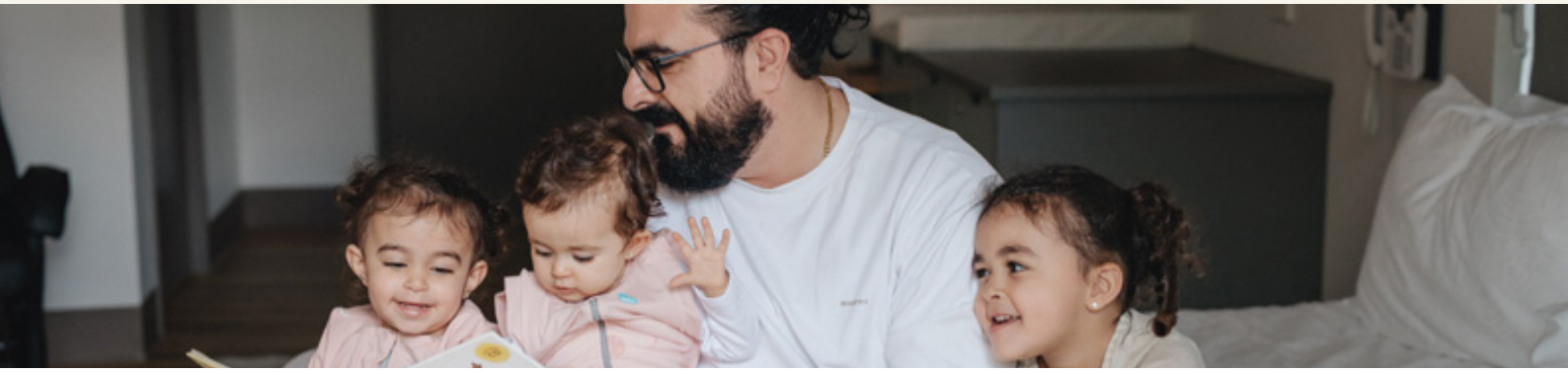
- Set realistic expectations of your children and of yourself and be patient.
- Spend quality time with your toddler every day.
- Do the same things at similar times every day.
- Toddlers respond well when they know what is coming next. Try saying things like, "It's almost bath time", or "We're going to pack away our toys and have our bath".

During the day, you should:

- Make regular times for snacks and meals.
- Allow lots of time for play and exploration.
- Make regular times for naps or quiet play.

When preparing for sleep, try:

- Quiet time.
- Regular routines, like a bath and reading a book before bed.
- A regular time for bed (see sleep section for more tips).



FLEXIBLE DAILY ROUTINE – FOLLOWING FEED, PLAY, SLEEP CYCLE

- Variations may be needed to meet your child's needs.

AGE	FEED-PLAY TIME	SLEEP / REST TIME	AVERAGE NUMBER OF SLEEPS & FEEDS
12 - 18 months.	3 - 4 hours.	1 - 3 hours.	1 sleep. Family meals.
18 - 36 months.	5 hours.	1 - 2 hours.	1 Sleep or quiet time. Family meals.
3 - 5 years.	Up for most of the day.	Encourage quiet time.	13 hours of rest in a 24 hour period. Family meals.