



Welcome Baby



August 2011 A Newsletter for "Welcome Baby" and "Parents as Teachers" Families

Ready, Set, Routine!!

The Importance of Routines in Children's Lives

How many times have you heard that kids need routine? Your pediatrician, your mother-in-law, your child's teacher, your best friend, your child care provider-- all these people may have mentioned to you or your partner the importance of routines in your child's life. So what's the big deal? Are routines really that necessary for children? Simply put, yes. Routines involve repetition. Repetition involves predictability. Predictability involves stability. Stability involves security. Kids crave routines because routines make kids feel safe and secure. On a very basic level (keeping in mind that is how young children function) routines reassure children that their needs will be met. Routines also provide opportunities for children to experience success in what they are doing, which then promotes self-control and self-esteem.



As adults, we have the advantage of controlling many aspects of our lives. Often we are able to arrange things (work schedules, child care, friendships, appointments, etc.) to enhance convenience and reduce hassle, making life just a little bit easier and probably a bit more enjoyable. How would you feel if you had no idea what to expect in your day? What if you didn't know why you were leaving the house, where someone was driving you, when you were going to eat next, where you could go to use the bathroom, or when you were going to get back home again? Children don't have the privilege of arranging their days the way adults do; they have very little control over their environments. Consequently,

children try to find ways to control their surroundings, often resulting in undesirable outcomes, such as tantrums, defiance, and other inappropriate behaviors. Routines and schedules help kids make sense of their day--morning, noon, and night--and know what to expect. This reduces anxiety and apprehension, and allows for more time for kids to enjoy and learn from their surroundings instead of stressing out about them.

Having regular meal times and sleep times, and even regular chores (which instill a sense of responsibility), will continue assuring children they can trust and count on their parents (and other adults) to care for them and meet their needs. **By Maci Elkins, MSW**

Dr. Laura Markham, on her website yourparentingsolutions.com outlines the following "benefits for using routines with your kids:"

- 1. Routines eliminate power struggles because you aren't bossing them around.** *This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.*
- 2. Routines help kids cooperate by reducing stress and anxiety for everyone.** *We all know what comes next, we get fair warning for transitions, and no one feels pushed around.*
- 3. Routines help kids learn to take charge of their own activities.** *Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.*
- 4. Kids learn the concept of "looking forward" to things they enjoy, which is an important part of making a happy accommodation with the demands of a schedule.** *He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.*

5. *Regular routines help kids get on a schedule, so that they fall asleep more easily at night.*

6. *Schedules help parents maintain consistency in expectations. If everything is a fight, parents end up settling: more TV, skip brushing teeth for tonight, etc. With a routine, parents are more likely to stick to healthy expectations for everyone in the family, because that's just the way we do things in our household. The result: a family with healthy habits, where everything runs more smoothly.*

Women in Philanthropy Fundraiser Luncheon



Welcome Baby has many wonderful community supporters. One organization we'd like to spotlight is Women in Philanthropy. This wonderful group of women have always been a great supporters of our program! Recently they hosted a fundraiser luncheon to help us raise money to purchase children books to support our goal of early childhood literacy. *From their generous donations, \$800 was raised and as allowed us to purchase about 500 books.* These books will be given to families in our community through our home visits and free parenting classes. Helping our children love reading and assisting them in developing reading skills is a priceless gift not only for our children, but for our community. Thank you **Women in Philanthropy** for your ongoing support!

Great Community Resource!



Learn more about your child through an easy-to-use questionnaire that tracks normal development through the various stages of your child's life. Call 2-2-1, a free parent information line designed to connect parents to information about child development and community resources. Also check out their blog at www.helpmegrowutah.blogspot.com.

CALENDAR OF EVENTS

- **Mandatory volunteer In-service training dinner.** August 2nd at the Health Department room 2500 at 6:30pm. Child care provided!
- **Ready to Learn-Music is a Must:** August 17th at the Health Department Room 1601 12-1 pm. Explore ways to use music as a teaching tool by utilizing educational children's programming, books, and activities. Rhythm, movement, instruments, and songs are wonderful educational devices that help keep children engaged in learning.
- **Free parenting workshops!** 12 workshops present key steps in your child's development, demonstrate how to combine media with reading, and hands-on activities to enhance your child's learning. For more information visit: <http://www.kbyutv.org/kidsandfamily/readytolearn/>
- **Thanksgiving Point “Two-buck Tuesday”.** Every Tuesday in August, get in to the Museum of Ancient Life, the Thanksgiving Point Gardens, or Farm Country for just two dollars.
- **Provo City Library—**
 - **“Book Babies”** every Friday from 10-10:30 a.m. for infants 0-12 mos.
 - **“Mother Goose Time”** every Friday from 11-12pm for 1 year olds. Age appropriate songs, stories, and activities for baby and their parents/caregivers.
- **Orem City Library—**
 - **“Storytime”** every Tues, Wed, & Th at 10:30am in the Storytelling Wing. A 30 min. program for preschoolers & young school age children with stories, puppets & activities to engage youngsters & highlight the joys of books & storytelling.



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