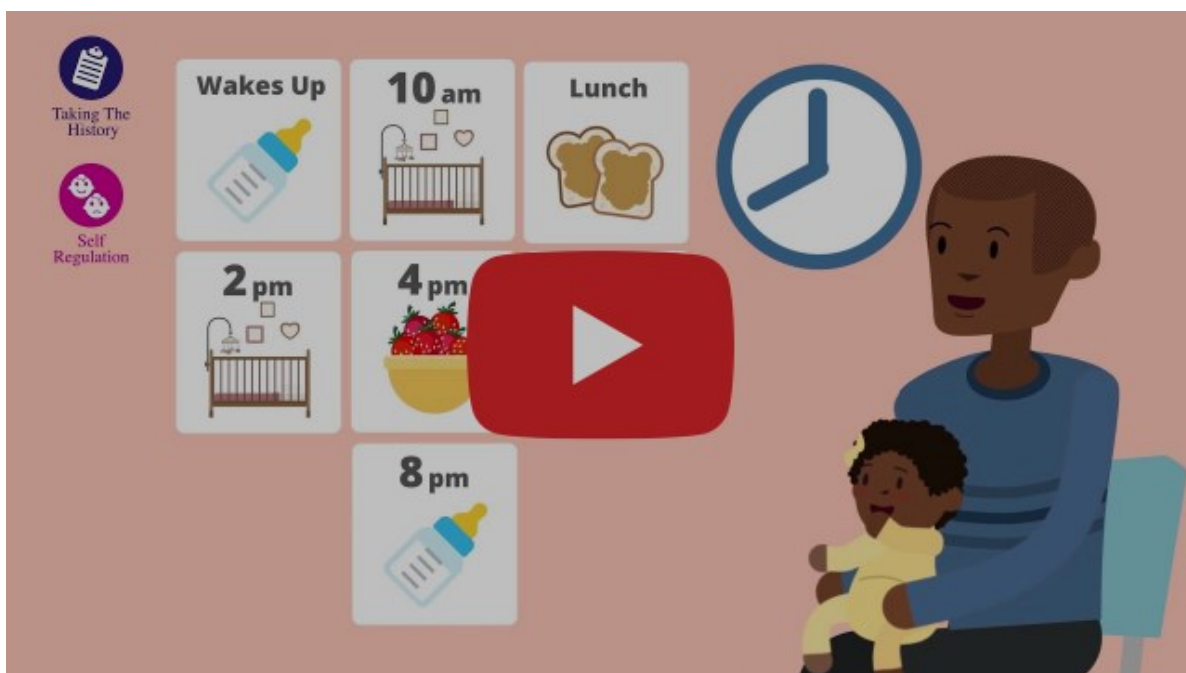


Provider Tip of the Week

October 20, 2021

The Importance of Routines

Discussions about feeding and sleep schedules are great opportunities to provide families with information about the importance of self-regulation through **routines**. Routines help children anticipate what is coming next, help them manage or regulate their behavior, and help them feel secure in their environment. As a provider you can let families know that routines help children understand what to expect next and makes them feel like their world is safe and predictable. You can praise parents and say things like, "I'm so impressed that you have regular routines! Babies love consistency in what they do and when they do it." Scan the QR code below for an example of what you can say in the visit:



Provider Tips powered by the Keystones of Development curriculum, login at parenting.mountsinai.org/providers/ to learn more.