

# Transition Thursday

## Routines

To create predictability for the kindergarten day and ensure that all members of the family are contributing in some way to the household needs.

### Play-based learning ideas:

- Play a simple board game with easily followed rules to enhance an understanding of taking turns
- Setting up a consistent nighttime routine that works for your family dynamics. Possibly something like dinner, bath, story and bed for the younger children.
- Plan your week together as a family, noting down any sports, appointments or events that might be coming up
- Offer your children an opportunity to be involved in creating a dinner or meal following the method of the recipe

### Benefits to the child:

- Builds self confidence
- Enhances awareness of needs and expectations of themselves and others
- Enhances a range of communication skills
- Allows greater awareness of responsibilities
- Strengthens emotional resilience and expression of emotion
- Improves sleep quality

Further information can be found on routines and the benefits of this as a positive behaviour strategy, 1-12 years, on the Raising Children Network at [raisingchildren.net.au](http://raisingchildren.net.au)