

Pediatrician explains the importance of family routines

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Every family needs routines. They help to organize life and keep it from becoming too chaotic. Children do best when routines are regular, predictable and consistent.

One of a [family](#)'s greatest challenges is establishing comfortable, effective routines. Ideally, they should achieve a happy compromise between the disorder and confusion that can arise without them, and boredom that can come with too rigid a structure that offers [children](#) no choice and little flexibility.

As a parent, it helps to review the routines in your household to ensure that they accomplish what you want. Here are some tips:

- Weekday mornings
- After school
- Evenings
- Bedtime
- Weekends

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