



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #3

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is structure and routine.

Family routines set out how families organise themselves to get things done, spend time together and have fun. Routines help family members know who should do what, when, in what order and how often. Routines are important for children for several reasons.

Safety, belonging and relationships

Routines can be part of an organised and predictable home environment, which helps children and teenagers feel safe, secure and looked after. Also, routines built around having fun or spending time together foster a sense of belonging and strengthen family relationships. For example, reading a story together before bed, sharing regular family meals or having a kick with your child before soccer practice can be special time for you and your child.

Skills and responsibility

Having jobs as part of family routines helps children and teenagers develop a sense of responsibility and some basic skills like time management. These are skills children can use for life. When children can do their parts of the routine with less help or supervision from you, it also helps them become more independent.

Healthy habits

Routines can teach younger children healthy habits, like brushing their teeth, taking medicine regularly, exercising, or washing their hands after using the toilet. This means that routines can be good for children's health. For example, children who wash their hands more regularly might be less likely to get colds and other common illnesses. Also, routines can reduce stress, and lower stress is good for children's immune systems.

Daily routines help set our body clocks too. For example, bedtime routines help children's bodies 'know' when it's time to sleep. This can be a big help when children reach adolescence and their body clocks start to change.

Why routines are good for parents

Routines take some effort to create. But once you've set them up, they have many benefits for parents too. They can help you feel more organised and in control, which lowers your stress. Regular and consistent routines help your family get through your daily tasks more efficiently and free up time for other more fun things. Finally, routines often mean you don't have to sort out disputes and constantly make decisions. For example, if Sunday night is pizza night, no-one needs to argue about what's for dinner!

Remember, a good routine should be well planned, regular and predictable.

For more information on Routines including some tips on how to set up a consistent family routine, visit raisingchildren.net.au/school-age/family-life/routines-rituals-rules.

Alternatively, if you would like some help setting up a family routine or some ideas around where to start, **Children and Parenting Support Services (CaPSS)** is an excellent resource in the Wyndham area.

CaPSS is a parenting support program funded by the Australian Government. It is aimed to strengthen family relationships, reduce family breakdown, and increase family connection to the community. CaPSS Practitioners work alongside parents to empower and enable them to be the best parents they can be.

The aim of CaPSS is to increase parents' knowledge and understanding to support their children's development and learning, helping their children through school transitions and connecting into their children's learning, positively managing behaviours, understanding healthy family lifestyle and providing safe environments for their children. For more information, search Children and Parenting Support Services on Facebook or Google, or contact Griffin Errey through the Woodville email or phone line.

Have a great Wednesday!

If there is a particular topic on wellbeing you would like some more information on, or some feedback or questions about a Wellbeing Wednesday post, please don't hesitate to send through an email to Woodville.ps@education.vic.gov.au.

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