

# Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

## Make my world predictable

I like to know what happens next!

A routine helps me feel....

- Secure
- Calm
- Confident
- Happy in my world!



Some of my routines are:

- Diaper change
- Bedtime
- Bath time
- Mealtime
- Going out

Routines are special times we can share together!

- Tell me what we are doing "let's have a bath"
- Start the routine the same way
- Talk me through the steps... "First. Then..."

