

## Is dropped off and collected on time.

Daytime routines give children a sense of security and help them develop independence. Children can handle changes in their day/week best if they are expected and they form part the family's routine.

Routines can help children feel safe, ready to take on new challenges by reducing stress and anxiety for everyone.

To find out more you could look at [What to expect in the EYFS - parent guide](#)

### Typical development

3 and 4-year old's will be:	increasingly follow rules, understand why they are important.
-----------------------------	---

### How can parents support? -

- Children really benefit from attending their nursery/playgroup regularly and consistently. If your child is missing sessions, or frequently late, this could impact your child's learning and development.
- When children consistently attend their nursery, they are making friends and learning to establish connections, learning to share and taking turns, learning to listening to others. Playing together with others in groups, as well as independently and learning from their peers, copying and helping each other
- It's important that your child arrives/departs on time for nursery/playgroup, so they do not feel anxious when arriving/leaving after everyone else.
- Set a daily routine and stick to it.
- Give time for routines to be learnt by your child.
- Ask your health visitor or nursery for support to implement routines.
- Children feel less anxious they have consistent routines.

### Useful resources

Example of Morning routine visual using photos - Take photos of your child for individual routines.



### Useful links

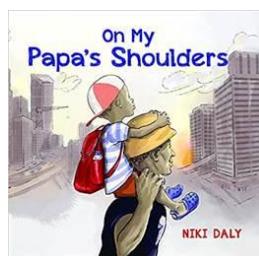
Gloucestershire Health Visiting Team – could offer support around routines and behaviours

<https://www.ghc.nhs.uk/our-teams-and-services/health-visiting/>

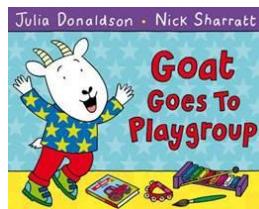
Getting ready for school -

<https://www.goucestershire.gov.uk/education-and-learning/getting-ready-for-school/>

### Book ideas



'On my Papa's shoulders' by Niki Daly



'Goat goes to Playgroup' by Julia Donaldson