

WHAT SHOULD YOUR CHILD'S SCHEDULE INCLUDE?

Time for sleep.
Time for three meals and one or two snacks.
Time to play with parents and others.
Time to play alone.
Time for bathing, dressing, and grooming.
Time for chores (for older children).

Not all time is structured or scheduled. Some of your day will be spent in unscheduled and unstructured time. An unexpected situation may take control of this unscheduled time. However, on most days you can control how you and your child spend this time.

Rough times can be improved by following a schedule on a consistent basis. When are times that things fall apart at your house? (Bedtime, mealtime, leaving for church, leaving the house.) Group and list things your schedule would include and reasons it would be helpful.

In many households, television viewing fills much of the unscheduled and unstructured time for both adults and children. Television does have some good programming; however, large amounts of viewing have a negative impact on everyone.

"Other than a child's family there is no force today which influences behavior as powerfully as does television. The average child spends more time in front of the TV set than she does studying in school or attending to parental instruction. In other words, children learn more about the world and values from television experience than from family or community. This places enormous responsibility on the media and on concerned parents."

~ T. Berry Brazelton, M.D.

WHAT IS THE VALUE OF A DAILY SCHEDULE?

For Parents: What are the benefits of a schedule?

- Enables you to make better use of your time.
- Gives you a sense of being in control.
- Makes parenting easier.
- Enables you to have a life of your own.

For Children: What are the benefits of a schedule?

- Gives them practice with "limits."
- Gives them the opportunity to predict what will happen next, giving them a sense of control.
- Promotes good habits. (Bedtime, grooming, etc.)

WHAT SHOULD YOUR DAILY SCHEDULE INCLUDE?

Time for adequate sleep.
Time for personal grooming and exercise.
Time to prepare, eat, and clean up three meals.
Time for housework and employment or school.
Time to play with and read to your child.
Time to read and study yourself.
Time for grooming children.
Time for outside responsibilities.
Time for friends, spouse, leisure, and personal interests.