

WELLBEING for Little Minds

Summer A 2026

SIMPLE IDEAS TO SUPPORT YOUR CHILD'S WELLBEING AT HOME

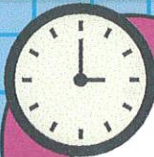
Issue 1



FOCUS: ROUTINES & SLEEP

CREATING CALM, PREDICTABLE DAILY HABITS

This half term, we're focusing on routines and sleep - two key areas that have a big impact on children's wellbeing. Simple, consistent routines can help children feel calmer, sleep better and be more ready for the day ahead.



Routines

Research consistently shows that predictable, daily patterns help children feel safer, regulate their emotions more effectively and sleep better. When children know what's coming next, it reduces uncertainty and that reduces stress.

Why Routines matter

Children's brains are still developing the ability to manage emotions, attention and behaviour. Consistent routines support this by:

- **Reducing anxiety** - predictability lowers stress levels
- **Improving sleep quality** - regular sleep patterns support brain development
- **Supporting behaviour** - fewer power struggles when expectations are clear
- **Building independence** - children begin to anticipate and manage steps themselves

Even small, consistent routines can have a significant impact over time.

Predictable days create calmer children.

Reduce decision fatigue

Too many choices can overwhelm children.
Instead of: "What do you want to do now?"
Try: "Now it's story time"

Use visual cues (especially for younger children)

- Picture charts
- Simple checklists
- "First this, then that" language.

Keep routines simple and repeatable

Avoid overcomplicating. 3-5 clear steps are enough.

Use the same order every day

It's the sequence that builds security - not perfection.

Give gentle warnings before transitions

Children struggle with sudden change.

Stay calm and consistent

Children test boundaries less when routines are predictable. Consistency matters more than strictness.

Where Routines matter most

Focus on the key pressure points in the day:

Morning routine

Sets the tone for the whole day.

- Example:
- Wake up
 - Get dressed
 - Breakfast
 - Brush teeth/wash face
 - Leave

Children who know this sequence are less likely to feel rushed or overwhelmed.

After School routine

Helps children decompress and relax.

- Example:
- Snack
 - Rest/quiet time
 - Homework (if applicable)
 - Play

This transition time is often overlooked, but is important for emotional regulation.

Bedtime routine

Strongest link to wellbeing and behaviour.

- Example:
- Bath or wash
 - Pajamas
 - Story
 - Cuddles
 - Lights out

A consistent bedtime routine signals to the brain that it's time to wind down.