

Rhythm and routine play a major role in your child's success.

Research continues to say that children who come to school well-rested and well-fed are better students. Wouldn't it be nice if these same researchers would offer help when your daughter is singing and turning somersaults in her bed at 11 p.m., or when your son rolls his eyes and slides under the table at the mention of oatmeal? As every parent knows, you can't force a child to be hungry and you can't make a child go to sleep. Arguments and tears over these issues only add unnecessary stress to your life. You can make your life easier by adding rhythm and routine.

Wouldn't it be nice if your child came with a manual and you could just open to the table of contents and find the chapter containing the answer to your problem? The truth is that each child doesn't come with a manual but there is much you can learn just by observing and tracking what goes smoothly and what is falling apart. Kinderplatz of Fine Arts has a tracking tool that could be insightful to you during these trying times to help you create a success plan for your child.



You can increase the odds of your child going off to school happy and successful.

For Additional Information

Our school has many books written by experts in the field of child development. They are available for you to check out any time. We have a file full of articles helpful to the issues of parenting. You may also request a tracking tool at the school office.



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Why Children Need Rhythm and Routine in Their Lives

PARENT EDUCATION SERIES

Rhythm and Routine Are Keys To Your Child's Success

Lower struggles about getting your child to eat healthy foods and sleep when he or she should are a common issue among parents of young children. One thing you can do to make your life easier is adding rhythm and routine. You can increase the odds of your child going off to school well-rested and well-fed by making sure that mealtime and bedtime come at approximately the same hour day after day.

Often the children who have difficulty in school are the ones who are sleep deprived, have irregular schedules or didn't eat breakfast. All preschoolers get tired, need naps, regular bedtimes and a healthy diet. With both parents working older siblings in sports or extra curricular activities,

social events and adult responsibilities it is difficult sometimes to keep the routine but you and your child pay for it in the long run. Rhythm and routine pay big dividends.

In order to get a preschooler to be in the mood to eat a good breakfast he or she has to be awakened early enough to want to eat. Waking your child up at the last minute, and allowing him or her to sleep late is not the best answer. Even if your child had a late night awaken him or her with plenty of time to start the day with ease. Chances are that he or she will eat a good breakfast and be ready for a nap after lunch.

It is our hope to offer you some suggestions that may help assure your child a more successful day.



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MORNING GUIDELINES

1. Try awakening your child earlier than usual and allow him or her to play unhurried.
2. Do what you can to give him or her a longer more relaxed and peaceful morning.
3. Purchase nutritional choices for breakfast foods.



LUNCH-TIME GUIDELINES

1. Put five or six choices of nutritious foods in small snack bags such as, fresh fruit cut into bite sized pieces, cheese, crackers, nuts, small containers of peanut butter, hummus, cottage cheese, cream cheese or yogurt, small pieces of fresh vegetables, tortillas with bean spread, hummus or cream cheese and water or non-flavored milk.
2. Play some relaxing music while he or she eats and follow lunch with a quiet sleepy time story.
3. Put your child down to rest following lunch.



At KFA, our only interactions are: the hand signal (that means "no talking"), and the statement, "It is time to rest." Every adult follows this model.

EVENING GUIDELINES

1. Start preparing for bedtime early in the evening by avoiding rough, silly, loud play after 6 p.m. Do all of that type of play before 6 p.m. Everything after that point on should be calming and winding down for your child.
2. Spend quality time with your child doing activities that wind down rather than excite your child. Play memory games, board games, draw, read or do activities that slow down your child's body.
3. Set a regular time for bath and play some relaxing music. There is research that says lavender or vanilla candles can be an aid in relaxation.
4. Right before bed read a few bedtime stories. Select them wisely, set the same number each night and make sure they are calming rather than stimulating.



Putting new habits into practice takes effort and diligence. If what you are doing is not in your child's best interest then he or she deserves a positive change.

We want to do all we can to help ensure your child an excellent beginning.