THE WAY

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FROM THE HEAD OF SENIOR SCHOOL

Routine

- 1. A customary or regular course of procedure.
- 2. Commonplace tasks, chores, or duties as must be done regularly or at specified intervals; typical or everyday activity.
  [Dictionary.com]

We are, by nature (or so we are told), "creatures of habit." Each of us has personal routines that structure our day. Families have routines that enable the smooth functioning of households. Our lives mirror our Creator, who is the God of order, rhythm, seasons, boundaries, and cycles. Creation itself mirrors the nature of God.

For God is not a God of confusion but of peace.
- 1 Corinthians 14:33

But all things should be done decently and in order.
- 1 Corinthians 14:40

Routines create a discipline in our lives. They help us organise our workflow and set in place good daily habits. Routines may include when we wake and sleep, work and rest, socialise and withdraw, eat and exercise.

Routines reduce stress and anxiety and can help us feel more organised when life gets busy. They

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set up clear expectations and can reduce conflict and misunderstanding.

In raising children into independent young adults, instilling good routines is critical to their long-term success and health. Some of the students I encounter who are struggling with academic work, stress and anxiety, or behaviour have lacked good routines.

In thinking about the routines for your children, consider helping them develop or refine routines for:

- - Getting ready in the morning or winding down after coming home from school
- - Doing laundry or other chores like making beds and cleaning rooms
- - Doing homework
- - Revising regularly
- - Doing extracurricular activities, including hobbies or sport
- - Spending time with family
- - Relaxing before bed

[Raising Children Network]

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