

COUNT
5!
Today. Tomorrow. EVERY DAY.



routine

A regular flow to the day creates feelings of comfort & security in young children.

1- SLEEP



2- MOVEMENT



3- NUTRITION



4- ROUTINE



5- LOVE



Why is routine important?

A beginning, middle, and end to daily activities teaches a child to self-regulate.

Creating a daily tempo allows children to improve their understanding of the world.

A consistent rhythm of the day allows a child to broaden his knowledge and experiences.

Parent & Caregiver Tip

Establish a routine that fits your family and your child. Then, stick with it every day.



With a daily routine, as children grow, the world becomes larger in a recognizable way.



This message is brought to you by the Count 5! Public Awareness Campaign of Florence 1 Schools and The School Foundation.

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