

DAY
17

Routine



DAY 17 *Routine*

When it comes to routine, things get kind of personal. Only you know how your family can function, what timeframes you're working to, and who is available when and for what.

I'm going to keep the activities short and simple for this. And no long explanations. Everything you'll need to know is in the 21 Days to a Happier Family book chapter. Below are a few thought-starters to get your creative juices flowing for how routine could work.

One quick tip: I don't recommend rewarding (or giving stars) to kids when they follow a routine. It's a life skill, and not something that should require some form of external manipulation or reward/punishment. Instead, some general and basic accountability should be all it takes... and I've found that many families report that their children really enjoy participating in the routines they create.



ACTIVITY #3

Chores

Everyone has a different opinion. I'm simply going to share what we do in our home.

We have lots of children, so chores are divided into five groups of two-to-three chores. The children do each 'group' of chores for a week, and then they move to the next group for the following week.

Below is our chore-chart. Each day, the children come in from school, complete their assigned chores (sometimes with help from parents if it's too big or challenging), and write their name to show the chore is completed. We check up to ensure the chore is done to our satisfaction... and the children actually ENJOY this process!

Would a chore-chart or something similar work for your family? How can you create a routine that suits your specific needs? Feel free to adapt our routine or create your own on the reverse side.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group 1							
Front Room							
Washing							
Rubbish bins							
Group 2							
Toy room							
Toilets							
Toilet paper							
Group 3							
Vac. upstairs							
Dining room							
Polish shoes							
Group 4							
Vac. d.stairs							
Bag area							
Lounge							
Group 5							
Empty cars							
Bathroom							
Dishes							

