



# LOVE

MAXIMIZE LOVE  
MANAGE STRESS



KENT COUNTY  
success  
starts  
early

SUCCESS BASICS

## Routine is Good

Create a "visual schedule" of things that happen each day. You could do this by taking pictures of what to do when you wake up (make your bed, wash your face, eat breakfast, brush your teeth, get dressed, etc.) and posting them where your child can see them. You could make a game of "what do we do next?"

### What your child is learning:

Each day many of the same things happen. If your child has trouble moving from one activity to another, it helps them to know that "this is the order" we're doing our tasks.

**KDL**  
Kent District Library  
kdl.org/earlylit  
successstartsearly.org