

# Routine returns

As the schools have all started back this week and classes and clubs have all recommenced, this week has all been about '*routine*'. After 2 weeks break where daddy was at home, there was no school or clubs to go to, we were all able to please ourselves. We found ourselves getting up later (for the 1st time ever since children!!) and didn't have to rush around doing certain things at a certain time.

I must admit, it was lovely not having a routine for 2 weeks, but this week our routine has returned and I quite like the 'normality' it brings too. I like having a routine with the children, I feel it lets them know what's happening, they feel safe and secure in what they do. The children thrive best on routine.

Our routine starts with getting up at the same time every day, 7am for the children. They get washed and dressed, then downstairs for breakfast. We leave to walk to school at 8.30. The girls have nursery 2 days a week and swimming one lunchtime and gymnastics another. BB has swimming one afternoon too. Dinner is usually 5/5.30.

My favourite part of our routine has to be bedtime. I like them having a bath, reading a story together and getting to bed by 7pm. My children never make a fuss about going to bed, I believe because they know it always happens like this.

This briefly sums up our family routine, but obviously there is plenty of playtime and fun thrown into that mix.

Not everyone likes routine, but for us it is essential and we all like it, so we are all settling back into it nicely 😊

