Coming Together Around Military Families®:

Supporting Our Babies and Toddlers

ROUTINES

"Don't even talk to me before I've had my morning milk."

Try to keep routines the same during separations and relocations to help babies and toddlers feel more secure.

Developed by

ZERO TO THREE®
National Center for Infants, Toddlers, and Families

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www.zerotothree.org/military

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Supporting Our Babies and Toddlers

ROUTINES

Babies and toddlers feel safe and loved when they have predictable routines they can depend on each day.

- Playtime, naps, storytelling, walks, and bath time are just some of the activities that give babies and toddlers a sense of predictability and stability.
- Try to establish and keep daily routines for your young child, especially during stressful times.
- Pay close attention to those routines that the deployed family member does with your child. For example, if that parent always sang a goodnight lullaby, try to keep up that **treasured** tradition. You can video- or audiotape the deployed parent singing to your child, or you can give it a try yourself. It might not be just the way "Daddy sang it," but it will mean a lot to your child to know that you care enough to give it a try!