

# 有规律的家庭生活

有了孩子以后，生活会变得杂乱无章，有时甚至会失控。建立一些生活规律，可以使生活秩序恢复正常，并且能使家长和孩子的生活都变得轻松一些。有规律的生活并不意味着刻板的时间计划，年纪越小的孩子越需要灵活的生活规律(特别是在周末)。对于大多数家庭，如果日常的活动都变得有规律可循，那么生活就会容易很多。

## 对孩子的好处

- **感到有安全感**– 如果每天的活动都是按部就班地进行，孩子就会知道下面该做什么。他们会有安全感，因为别人会替他们做好安排，他们不需要操心。
- **建立信任**– 当照料孩子的人做事有章可循时，孩子就学会了信任。这是他们在社会中建立信任的基础。
- **自信**– 当孩子能预料接下来会发生什么事情时，他们的自信心就会增强。
- **良好的习惯**– 有规律的活动，例如经常锻炼，会让孩子建立良好的健康习惯，并且学会照顾自己。

## 对家长的好处

- **有计划**– 有规律的生活可以让父母完成必须要做的家务。特别是有婴儿的时候，连挤时间洗澡或买东西都是一个挑战。
- **有纪律**– 如果日常的事务成为固定生活规律的一部分，孩子就不太可能用不好的行为来试探规矩。如果在洗手吃饭之前要整理好玩具，那么大多数孩子不会抱怨，并且能很快做好该做的事情。如果在洗澡之后，总是上床，听故事，唱歌，亲吻，在卧室门口挥手道晚安，那么孩子会很容易睡着。

## 怎样制订好的生活规律

每个人的个性都不一样，没有一种生活规律对所有的家庭都适用。在做计划的时候，你要考虑以下一些因素，还要问自己一些问题。别忘了，你要同时照顾到父母和孩子的需求及爱好。

- **身体需求**– 在活动前，每个人都吃饱了并且休息充分了吗？每天都有时间做运动吗(如走路去公园，在客厅跳健身舞)？这样的生活规律能让每个人都有充足的睡眠时间吗？
- **社交需求**– 刚学走路的小孩有其他同龄的小孩一起玩吗？家长能和朋友碰头吗？(幼儿活动小组可以同时满足这两个需求。)
- **智力需求**– 孩子玩耍的方式是否可以增进他们对周围环境的了解？家长是否有足够的时间和其他成年人交流？

- **情绪需求**– 婴儿得到了他们所需的爱抚吗？孩子在父母的照顾下是否有安全感？父母是否得到其它人的支持？
- **成长阶段**– 随着孩子的成长，他们的需求也在变化，你所制订的活动是否有考虑到这些变化？在身体快速成长的阶段，有没有增加点心？有没有给刚学走路的孩子更多的选择？(例如，“你是想在洗澡前还是洗澡后刷牙？”)有没有给较大的孩子更多的责任(例如，帮助准备点心和上学吃的午餐。)
- **个体的差异**– 你所制订的活动有没有考虑到孩子的个体特征？例如，减少外出办事的次数，因为这个孩子对于从商店到车上，再从车上到商店会感到不耐烦。或者增加灵活性，因为这个孩子的生物钟不太规律，每天肚子饥饿的时间都不同。或者总是按照相同的规律来活动，因为这个孩子不喜欢出其不意的事情。

## 改变生活规律

有时候改变活动的规律可以解决行为上的问题。

- **改变活动的次序**– 即使大家都说睡前给孩子洗澡会让孩子安静下来，但是洗澡可能会让你的孩子更加兴奋难以入睡。如果你尝试在吃晚饭前给他洗澡，问题也许就解决了。
- **寻找原因**– 如果你的孩子总是在晚饭前发脾气，那么她很可能是饿了。尝试在活动中加上下午点心。也许她想引起你的注意。那么试着在开始做饭之前和她玩一会，或者让她帮你准备蔬菜。
- **平稳的过渡**– 当从一项活动换到另一项活动的时候，孩子通常会表现不乖。为了避免这种情况，试着在活动之间唱一首歌来提醒孩子该是变换活动的时候了。例如，因为要去接哥哥的校车，刚学走路的孩子不能继续玩了，你可以用“Frère Jacques”的曲调唱“Johnny 的校车快到了，我们要去接他了。”唱歌可以给孩子时间来做调整，从而顺利过渡到下一个活动。

生活规律不是一成不变的：当情况变化了，就要做出调整。根据对孩子的观察和自身需求的了解，你一定能制定出适合你家庭的生活规律。

由Betsy Mann 著，渥太华Better Beginnings, Better Futures, Family Visitor 计划协调员Linda Martin 协助

# Family Routines

Life with children can seem chaotic, at times even out of control. Establishing some basic routines can restore a sense of order that will make life easier for both parents and children. A routine doesn't mean a rigid schedule; young children need structure with flexibility (especially on weekends). For most families, things work better when everyday activities follow a predictable pattern.

## Benefits for children

- **Sense of security** - When things happen in the same order every day, children learn to predict what comes next. They feel safe and secure because someone else is taking care of things for them; they don't have to worry.
- **Trust** - Children learn to trust when the people who care for them follow a dependable routine. This is the foundation on which they build their trust in the larger world.
- **Self-confidence** - Children's confidence in themselves also increases when they are able to predict what will come next.
- **Good habits** - Routines, such as regular exercise, build good health habits that teach children to look after themselves.

## Benefits for parents

- **Planning** - Having a routine helps parents plan to accomplish necessary chores. Especially with a small baby, finding time to take a shower and buy groceries can be a challenge!
- **Discipline** - Children are less likely to test the rules by misbehaving when regular tasks become part of an established routine. If tidying up toys always comes before washing hands and sitting down to eat, most children will stop protesting and get to work fairly quickly. If bath is always followed by bed, a story, a song, a goodnight kiss and a wave from the bedroom door, sleep will come more easily.

## What makes a good routine?

We are all individuals; there is no recipe for a routine that works for every family. Here are some factors to consider, along with examples of questions to ask yourself when planning a routine. Remember to take into account the needs and preferences of both parents and children.

- **Physical needs** - Is everyone fed and well rested before taking part in other activities? Is there time for physical activity (a walk to the park, energetic dancing in the living room) every day? Does the routine let everyone get enough sleep?
- **Social needs** - Are toddlers getting together with

other children their age? Are parents seeing friends? (Playgroups can answer both these needs.)

- **Intellectual needs** - Do children get time to play in ways that stimulate their understanding of their surroundings? Are parents getting enough adult conversation?
- **Emotional needs** - Are babies getting the comforting they need? Do children feel secure in their parents' attention? Are parents getting support?
- **Stage of development** - Does the routine take into account how needs change as children grow? More snacks during a growth spurt? More choices offered to toddlers? (For instance, "Will you brush your teeth before the bath or after?") More responsibilities transferred to older children. (For instance, helping to prepare snack or making a school lunch.)
- **Individual differences** - Does the routine allow for a child's particular temperament? For instance, limiting the number of errands because this child has trouble making transitions from store to car to store to car... Or lots of flexibility because this child has irregular body rhythms and isn't hungry at the same time every day. Or always the same routine because this child doesn't like surprises.

## Changing the routine

Sometimes, changing the routine can solve behaviour problems.

- **Change the sequence** - Even if people tell you a bath before bed calms children, your child may get excited and have trouble going to sleep. The problem might disappear if you move bath time before supper.
- **Recognize a need** - If your child always has a tantrum before supper, maybe she's hungry. Try adding an afternoon snack to the routine. Or maybe she needs to be sure of your attention. Try a short playtime with you before you start cooking or let her shred the lettuce beside you.
- **Smooth transitions** - Children often misbehave when it is time to change activities. To avoid trouble, try adding a song to the routine to signal upcoming changes. For example, if a toddler has to stop playing to go meet an older brother's school bus, sing "Johnny's bus is coming soon, we will go to meet him," sung to the tune of "Frère Jacques." The song gives children time to adjust and make the transition.

Routines are never set in stone; they will always need to be adapted as conditions change. By observing your children, by knowing your own needs, you will be able to make a predictable routine that suits your family.

*by Betsy Mann, with help from Linda Martin, Family Visitor Program Coordinator, Better Beginnings, Better Futures, Ottawa.*