Frameworks™
Foundational skills for lifelong success

Parent Workshop

Routines and Structures that Promote Success St. Joseph 9/25/25

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"Our mission is to equip every child in Tampa Bay with the knowledge and know-how to become kind, collaborative, and capable citizens."

"We envision a vibrant community where everyone succeeds personally, academically, and professionally because emotional intelligence is practiced everywhere we live and learn."

Today's Purpose & Goals

Purpose: To learn ways to support your child during stressful transition times.

Goals:

- Give families simple ways to set up smooth and stress-free routines for mornings, after school, and evenings.

Getting back into the school routine is hard!

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The Struggle is Real!

It’s hard to

- Establish good routines that actually work
- Be on time for school
- Start homework after school
- Get kids to bed on time

Routines

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Why Routines Work

1. Routines create predictability

- Children feel more secure when they know what to expect
- Routines help kids start tasks on their own and follow through independently

2. Reduce Conflict & Support Flexibility

- Children are more in control
- Helps them to be more flexible when things change

3. Routines Save Time!

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Tips for Effective Routines

Get buy-in from your child

- Talk together about what needs to get done in the morning, at night, and after school
- Plan the order together
- Write down the routine

Working with your child to create the routine increases the likelihood of success!

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Tips for Effective Routines

Before doing the routine

- Read through the list
- Review the expectations
- Set time expectations

During the routine

- Guide your child through the steps
- Offer support as needed

Ideas for the Morning

1. Get dressed for school
2. Put clothes in the hamper
3. If needed, put lunch/snack in backpack
4. Brush teeth
5. Grab backpack & put on shoes

Ideas for the Evening

1. Pack your backpack the night before
2. Put out clothes the night before
3. Take a shower
4. PJs & brush teeth

Morning Checklist

Morning Checklist	DONE
Get dressed for school	
Clothes in your hamper	
If needed, put lunch & snack in backpack	
Brush your teeth	
Grab backpack & put on shoes	

Evening Checklist

Nighttime Checklist	DONE
Pack backpack: pencil case, books, planner	
Lay out clothes for tomorrow	
Take a shower & wash face	
Brush teeth	

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After-School Routines

Challenging time:

- Kids are mentally done
- This is totally normal
- Use a routine to help

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First: Put Stuff Away

Create a designated spot for the backpack/school materials

- In a closet
- On a hook
- In a storage bin

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Second: Decompress & Relax

1. Eat a snack
2. Activities that help students to decompress:
   - Move your body
   - Breathwork
   - Get creative (art, music)
   - Family time
   - Get outside

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Finally: Homework & Study

Homework Tips

- Establish a set time and place for homework
- Help prioritize assignments
- Spot check for quality

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AFTER-SCHOOL CHECKLIST

K-2nd example

Shoes off at the door 	Done?
Backpack hung up 	Done?
Use the bathroom 	Done?
Eat a snack 	Done?
Wind-down activity 	Done?
Complete homework 	Done?
Play until dinner 	Done?

AFTER-SCHOOL CHECKLIST

3rd-5th example

Shoes off at the door	Done?
Unpack dirty clothes & dishes	Done?
Backpack hung up	Done?
Eat a snack	Done?
Choose a wind-down activity	Done?
Complete homework	Done?
30 mins of TV or iPad	Done?

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Question

What small connection moment can you add to personalize your routine?

Ideas: Add in a hug, write a quick note in their lunch box, ask about the high and low of their day, make a playlist, dance it out

What sounds doable?

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What questions do you still have?

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Feedback Survey

St Joseph Catholic 9/25/25

Routines and Structures that Promote Success (ENG)

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