

# DEVELOPING HEALTHY ROUTINES

## CARING FOR YOUR SECONDARY SCHOOL TEENAGERS



Routines can anchor us in daily life. Having breakfast at the same time each morning, as well as eating dinner and going to bed around the same time each night creates comfort, stability and reduces undue stress. When we follow our routines, life feels easier to handle. This sense of manageability allows us to cope with unpredictable changes. This also promotes independence in your children. We all know that good routines are important, yet sometimes we, adults take those routines for granted.

During their adolescent years, teens learn to establish independence and take up more responsibilities. They need our guidance to help them become the best of themselves. We can start by establishing healthy routines that will benefit them through every stage of their lives.

Try these 3 tips to get you and your teens started on routines that may change their lives.

### GOOD STUDY ROUTINES

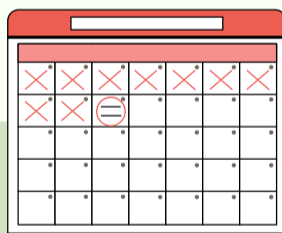
- How many times have we caught our teens distracted and watching videos on their computer while studying online? Discussing and agreeing on a few rules on device usage makes life more predictable and helps everyone to manage their expectations.
- Set up a study area. Help your teens to create a peaceful zone in the house where they can focus on tasks at hand. It should be quiet, well-lit, comfortable and uncluttered with minimal distraction.
- Take intentional breaks from social media. You can encourage your teens to switch off their phone or put the phone away from the study area. Make using devices/screen time a privilege that needs to be earned and can be taken away. For this to happen, parents need a conversation with your teen. Avoid using a smartphone as an alarm clock. Instead, get a normal alarm clock without any wifi connection. Complete a task before using any devices.



### TIME MANAGEMENT

Instill in your teens the importance of managing their time effectively on their own without constant reminders from parents.

You can do this by encouraging your teens to make a schedule/to-do list and prioritise activities based on their levels of importance.



### REGULAR SLEEP ROUTINE

With ample rest, your teens will be able to focus in school. The ability to focus in school will eventually enable them to perform better academically. Thus, establishing regular sleep routines will go a long way. A general guideline is that teens need at least 8 to 10 hours of sleep every night.

Here are a few practical tips:

- (a) Make it a priority for family to have enough sleep. Set clear limits such as what time lights must be turned off.
- (b) Use bed only for sleeping and not for work/electronic devices. (This helps your brain remember that the bed is akin to sleeping.)
- (c) Physically remove all devices from the bedroom.
- (d) Charge the phone, school's iPad elsewhere - i.e. in the living room.
- (e) Discourage procrastination. Encourage your teen to complete his/her task/homework as soon as he/she comes back from school, after resting. This will prevent them from sleeping late and not waking up on time for school the next day.
- (f) Wind down before bedtime. Before bedtime, try a quiet activity such as reading, listening to music or catching up with parents.

STILL NEED MORE SUPPORT FOR PARENTING?  
 SCAN THE QR CODE OR USE THE FOLLOWING URL:  
[HTTPS://FORMS.OFFICE.COM/R/yHDyENJTV3](https://forms.office.com/R/yHDyENJTV3)  
 FOR MORE ENQUIRIES, PLEASE EMAIL:  
[MWSFSPNORTH@MWS.SG](mailto:MWSFSPNORTH@MWS.SG)

