

- Dinner time: Determine what your expectation is concerning dinner. Research shows that eating dinner regularly as a family provides many positive effects for your family. If a child sometimes eats snacks in lieu of dinner, it will be difficult for the child to remain seated at the dinner table.
- Bedtime: Children between the ages of 3 and 6 generally require between 10 – 12 hours of sleep per night. You should be able to establish a specific bedtime and stick to it every night. This routine should include quiet play to help your child relax (for example - color, read, listen to soothing music, books on tape). Give advance notice about bedtime (a 30 minute warning, a 10 minute warning and a timer to signal bedtime is now). Bring your child to the bathroom to assist with teeth brushing and toileting. You may offer to read a short story, sing a song or give a hug and kiss goodnight. This ritual will be comforting to your child. Leave the room after you've completed your bedtime routine.
- Getting your child on a predictable and consistent bedtime schedule may be good for you! Researchers have found that improving a child's sleep patterns can also improve the mother's emotional state, along with her perceived control of her child's behavior.
- A daily routine will reduce behavior problems (such as whining, tantrums, and dawdling) that fuel common daily arguments between parents and preschoolers during transitions.
- Children who are having trouble adapting to change, regulating their feelings or coping with uncertainty seem to settle down when they live in an orderly, routinized environment.

Child Management:

- Consequences for child behavior, be they positive or negative, must be provided immediately if parents are to gain effective control over inappropriate behavior.