

A Simple Home Rhythm



Rhythm and routine are the pillars of our life in early childhood. For young children they provide the necessary form in which to feel secure and relaxed. Within this form the young child then can feel free to explore, learn and unfold. It is helpful to make a simple rhythm for your home taking your specific needs and circumstances into consideration. So, there is no one schedule that fits all.

A reasonable starting point when contemplating your daily schedule is asking yourself what creates calm for you and what creates more tension. You do not want to build your daily rhythm around expectations that make you feel stressed but rather start with what makes you be your best. Your children will feel this and react positively to your calm and joyful approach.

In our early childhood classrooms, we live our daily lives flowing through our days. We mostly do not need a watch to tell us “what time it is.” We intuit when it is the right time to clean up after free play, to end our artistic group activities, to rest and to sit down for snack. And to no surprise, you can set your watch after us. If you start with a simple daily rhythm you will soon reach this point of flow. This is very rewarding.

Here is a simple rhythm on which you can creatively build your own. Your children can be part of many daily domestic tasks. They then will feel integrated into your family life and happy to learn new skills. Please remember, less is often more.

Wake up

Wake up and get dressed. Make the beds (your children can learn to do that independently; it does not need to be perfect). Make breakfast (consider a rhythmical menu) and clean the dishes together.

Morning walk or play

Go outside every morning and explore your neighborhood (keep local regulations and social distancing in mind). Pay attention to seasonal changes and find little treasures for your family nature corner. If possible, have your children play with natural elements by themselves while you can sit close.

Snack

Try a snack rhythm or eat the same snack every day.

Artistic or domestic activity

Try a weekly schedule of a different artistic activity on each day of the week. Have a sewing basket with materials your children freely can use. Consider little projects that take many days to complete.

Lunch

Prepare and set the lunch table together. Meal times are wonderful for conversations and little word games.

Rest or quiet time

Take a pause. Young children still nap and the older ones can actually recline and close their eyes (you can too if you have time). Quiet reading is also an option. Rest restores and heals.

Snack

Just like morning snack, you can try a daily snack rhythm or eat the same every day for simplification.

Outdoor time, Walk or Play

Go outside as much as possible in all kinds of weather.

Story time

Tell an ongoing story from your imagination or read books.

Dinner

A rhythmical menu may be helpful. Dinner must not be a heavy and complex meal for young children. Clean up together.

Bed time

Your usual bedtime routine may feel like an old friend that still stays with you during these unusual times. Have a good night!



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