

COMING TOGETHER AROUND VETERAN FAMILIES : TM

SUPPORTING OUR BABIES AND TODDLERS

ROUTINES

“Don’t even talk to me
before I’ve had
my morning milk.”



Try to keep routines the same, especially during
family transitions, to help babies and toddlers
feel more secure.



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Babies and toddlers feel safe and loved when they have predictable routines they can depend on each day.

- Playtime, naps, storytelling, walks, and bath time are just some of the activities that give babies and toddlers a sense of predictability and stability.
- Try to establish and keep daily routines for your child, especially during changes, relocations, and other stressful times.
- Transitioning back to civilian life may mean changes in work schedules, living arrangements, and child care. Consider ways to maintain familiar family routines as much as possible during this hectic time. At the same time, try to be open to emerging activities and routines that, over time, can become comforting and valued additions to your family's new lifestyle.



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National Center for Infants, Toddlers, and Families

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