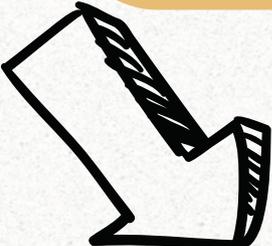


Routines & Rhythms

~ March 2024 Edition

The ARC Model prescribes the importance of routines in developing internal and perceived safety as part of the trauma recovery journey. Safety is a core element in development for a child during the critical years of development and therefore crucial in supporting healthy development and recovery.



So why is it important to follow our routines?

- Consistency across the care team means a child can feel safe and anticipate what is coming next in the day
- By following the planner, we leave out any guess work, and the child understands all caregivers will follow the daily expectations and boundaries for the day

"A child who is living in an environment with supportive relationships and consistent routines is more likely to develop well-functioning biological systems, including brain circuits, that promote positive development and lifelong health"

The Center on the Developing Child at Harvard University, connecting the brain to the rest of the body, 2020

Routine INSIGHTS

01

Predictability

By having predictability we can:

- Increase a child's sense of safety.
- Decrease a child's stress levels.
- Increase a child's ability to regulate.



02

Rituals

Rituals embedded in a child's daily activities help assist in developing identity and create understanding about the world.

03

Rhythms

By creating a daily rhythm, we manage arousal levels, and consider the child's energy levels. For example, we limit arousing activities near bedtime.

04

Structure

Our bodies thrive on structure and routine as our sensory system is happiest when we feel secure in our surroundings.



05

Identity

By developing and implementing a consistent routine, attachment is developed, creating identity, understanding of the self. We develop choice and preference.



06

Changes

When we have changes to our routine and environment, it can add unpredictable sensory experiences, for example feelings of anxiety, worry or stress.