

## **A Home Routine – October 2010**

### **By Melissa, IA**

After the birth of a baby, one would often agree that a routine would help the baby to feel safe and secure. Little actions done daily become part of that routine; how you hold the baby when it is time to eat, how you respond when the baby wakes up, the order of a diaper change, bath time routines, naptime routines, etc. Routines help infants to feel safe and secure.

The need for security does not change with age. Little children like knowing what is going to happen next. Wives like knowing when their husbands will return from work. Husbands like knowing when dinner will be on the table. Family members like knowing what will be served for the Thanksgiving meal. The list can go on...

So why do we often fail to create order in the home by the simple method of having a home routine? What is it about today's society that we often feel we are being legalistic, old-fashioned, or too regimented if we create a routine and stick by it? It seems that in order to live life to the fullest, we can't have a routine. That is what is often expressed to us.

Let me assure you that having a routine does not mean that you will miss out on many of the good things that life has to offer. On the contrary, if you have a routine, you often can accomplish more. So, let's remove any dark clouds surrounding the pictures of "routines" and "schedules" and see what benefits they can bring to our home.

Regular rising and sleep times – helps our body's rhythm and gives us a better night's sleep. This often means we can fall asleep quickly, and wake up less cranky.

Regular meal times – helps our body's digestive system to run smoothly. This decreases illness and aids digestion by having routines. Remember to try to space out meals 5 hours from each other if possible. This gives the digestive system time to rest. We ultimately feel better and are not distracted by growly tummies or stomach aches.

Regular exercise times – Exercising takes time, and often is the thing to leave off the list if we are busy. One may find however that a regular exercise routine may actually be a time saver as it may reduce the amount of sleep needed by helping your sleep rhythm to be more

efficient with rest. Try to find time between rising and mid-afternoon to exercise as evening exercise can disrupt sleep patterns.

Regular cleaning routines – will keep your home neat and orderly. You won't need to have "catch up" days in your routine if you keep the home orderly on a daily/weekly basis. An orderly home saves time overall, as you don't spend so much time hunting for things lost in the clutter.

Routines in general – are some of the best ways to convey love to your family. Family traditions, bedtime routines, family worships (and more) create some very warm fuzzies in your home. Your challenge this month is to work on your home routines. Look at areas that need help. Do you have routines to work in those areas? If not, develop some. Don't overburden yourself. Make a list of areas that need attention. Work on them one by one. Some examples might be a laundry routine, a bedtime routine, a naptime routine, a rising routine, a meal clean up routine, a morning devotion time routine, etc. Pray for guidance in areas that need your attention.

After the small routines of your home are developed, it is much easier to keep a schedule or master home routine by putting them altogether. One may find that it just "comes together" as you work on putting the small routines into practice, bit by bit. Scheduling doesn't have to take the fun out of your days, scheduling should be something as simple as organizing the home routines that help keep your family happy, healthy, and feeling loved.

Titus 2:5 [To be] discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.

Deut. 6:7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Psalms 37:23 The steps of a [good] man are ordered by the LORD: and he delighteth in his way.

Psalms 119:133 Order my steps in thy word: and let not any iniquity have dominion over me.

Order Necessary for a Happy Home.--God is displeased with disorder, slackness, and a lack of thoroughness in anyone. These deficiencies

are serious evils, and tend to wean the affections of the husband from the wife when the husband loves order, well-disciplined children, and a well-regulated house. A wife and mother cannot make home agreeable and happy unless she possesses a love for order, preserves her dignity, and has good government; therefore all who fail on these points should begin at once to educate themselves in this direction, and cultivate the very things wherein is their greatest lack. {Adventist Home 22.3}

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