

Consistency

For Parents of Preschoolers (Ages 3–5)

Why It Matters Young children thrive when they know what to expect. Consistency helps them feel safe, lowers anxiety, and builds trust. When routines stay the same and adults respond predictably, children learn how the world works and what behavior is expected.

Benefits of Consistency

- Builds emotional security
- Supports healthy brain development
- Reduces tantrums and power struggles
- Helps children develop self-regulation and independence

What Follow-Through Teaches

Following through on limits, routines, and expectations teaches children that words have meaning. It shows them that adults are dependable and helps them understand boundaries.

Practical Ways to Stay Consistent

- Keep routines simple and predictable
(meals, bedtime, morning routine)
- Use clear, short directions
- Set limits you can stick with
- Avoid negotiation once a limit is set
- Follow through calmly and kindly



Examples of Consistent Follow-Through

- If you say, “We clean up toys before bed,” follow through every night.
- If you set a limit like, “The tablet turns off after one show,” turn it off each time the show ends.
- If you tell your child they need to wear shoes to go outside, wait until they put them on before heading out.

Tips for Success

- ✦ Keep expectations age-appropriate
- ✦ Prepare your child by using simple warnings (“2 minutes left”)
- ✦ Stay calm - consistency works best with a steady tone
- ✦ Praise your child when they follow a routine or limit

Remember: It's okay if progress is slow. Small, steady steps make a big difference!

Final Encouragement

Consistency doesn't mean perfection. What matters most is trying to respond predictably and calmly. Your child learns through repetition, routine, and knowing you will follow through.