



The Association Between Household Routines and Preschool Children's Academic Performances

Kara Gillespie

Advisor: Mary Fuhs, PhD



Participants

74 preschool-aged children and their parents, enrolled in preschool and childcare centers throughout Montgomery County, that opted to participate in the Preschool Promise Project during the 2017-18 academic school year.

Method

- ❖ Data collected through the Preschool Promise Project using the Bracken School Readiness Assessment from the Fall and Spring of 2017-18 were assessed
- ❖ Parent Survey data asking about bedtime and familial routines in the home were collected from the Preschool Promise Project
- ❖ The Parent Survey data was paired up with the Bracken Assessment data of the same 74 preschool-aged children and assessed through a linear regression

Purpose of Study

The purpose of this study is to examine how the use of a bedtime and familial routine can positively impact preschool children's academic performance, as well as their kindergarten readiness.

Findings

Table 1.

Regression Analysis Summary for Bedtime Routines predicting Academic Performance

Variable	Standardized Beta	t	p
(Constant)		-.500	.620
Bedtime Routine Q	.281	2.148	.039



A linear regression was calculated to predict academic performance based on bedtime routine, $\beta = .281$. A significant effect was found, $p = .039$.

Table 2.

Regression Analysis Summary for Familial Routines predicting Academic Performance

Variable	Standardized Beta	t	p
(Constant)		-.069	.945
Familial Routine Q	.195	1.471	.150



A linear regression was calculated to predict academic performance based on familial routine, $\beta = .195$. A significant effect was not found, $p = .150$.

Conclusion

From the research findings, data supports the hypothesis that bedtime routines positively impact preschool children's academic performance, but not familial routines. A lack of effect in familial routines may be due to a small sample size. Bedtime routines reported a higher standardized beta value, indicating a stronger effect on academic performance than familial routines.