

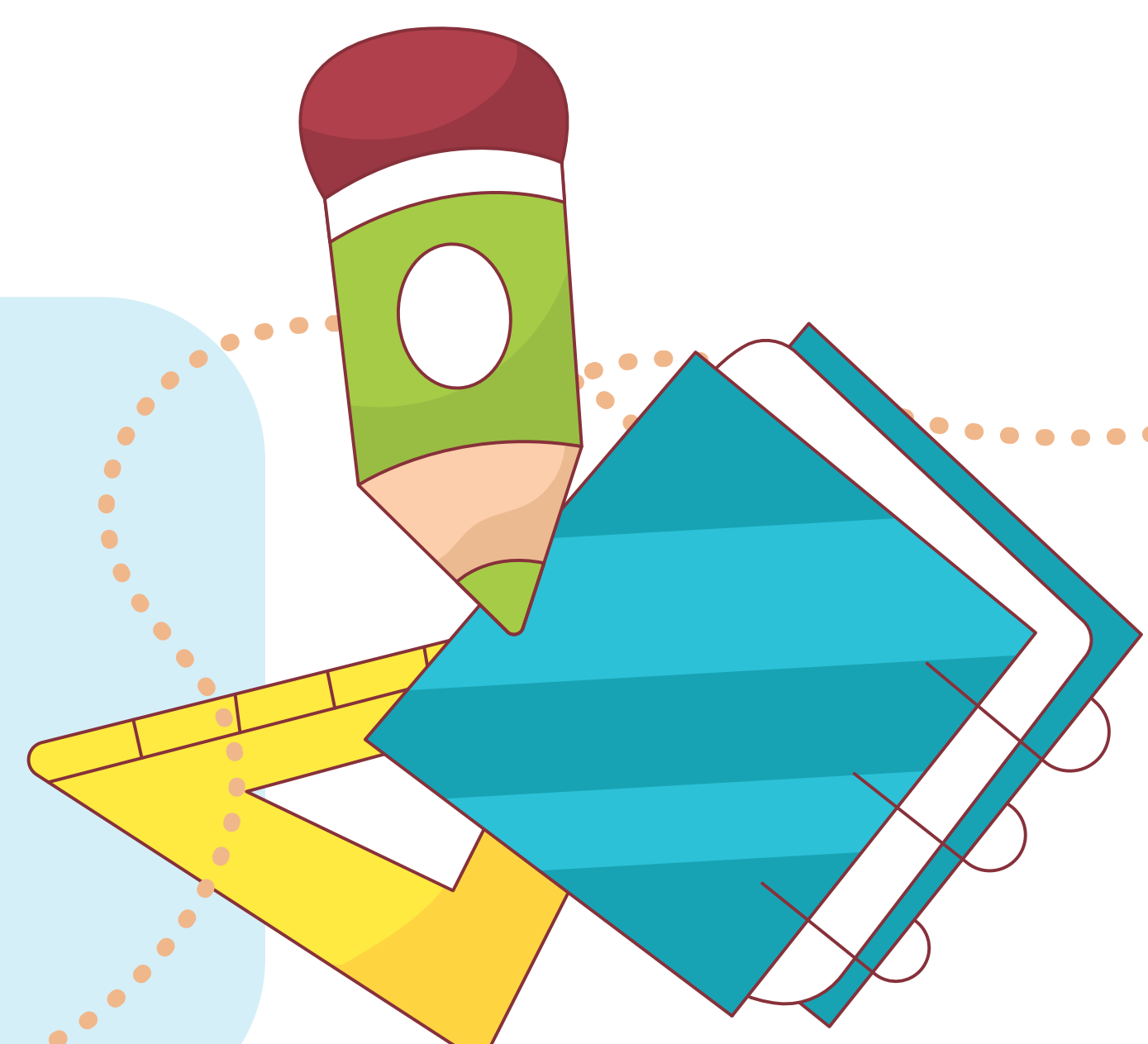


Morning Routine Checklist

- **Wake up**
- **Open Blinds** to signal a new day
- **Dressing** (change clothes)
- **Restroom**
- **Brush Teeth** (morning hygiene)
- **Quiet Play**
- **Breakfast**



After School Checklist

- **Wash Hands**
 - **Snack**
 - **Homework and Reading**
 - **Household Chores**
- 



Bedtime Routine Checklist

- **Outdoor activity** to promote improved sleep
 - **Dinner** (+ earlier evening hydration)
 - **Quiet Play** (set a visible timer with your child for start of bedtime routine)
 - **Bath Time + Hygiene** (brush teeth)
 - **Pajamas & Lotion**
 - **Calm Time** (ex. reading, gentle stretching, soft lighting, blackout curtains)
 - **Comfort Items** (ex. stuffed animals, weighted blanket)
 - **Night Light & Lights Out**
- 