

Morning Routine Checklist

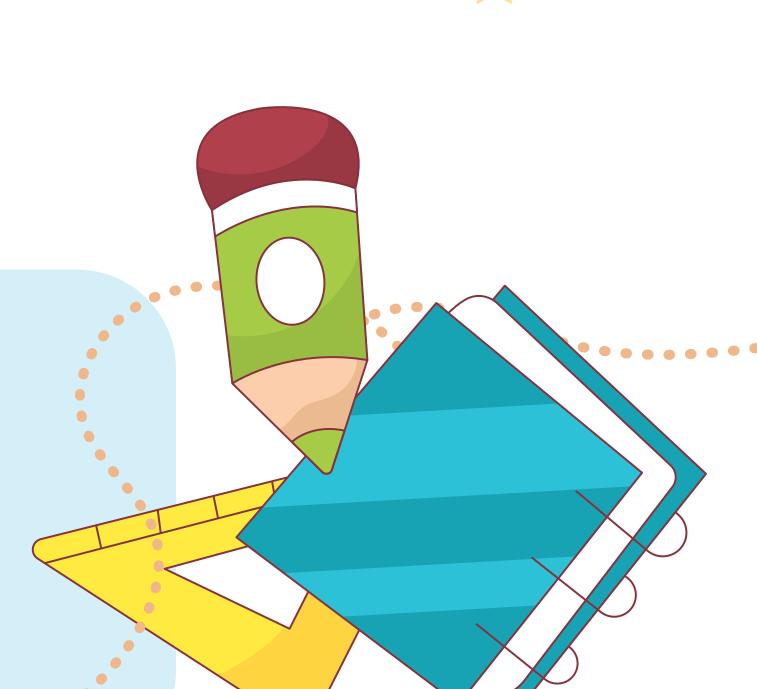


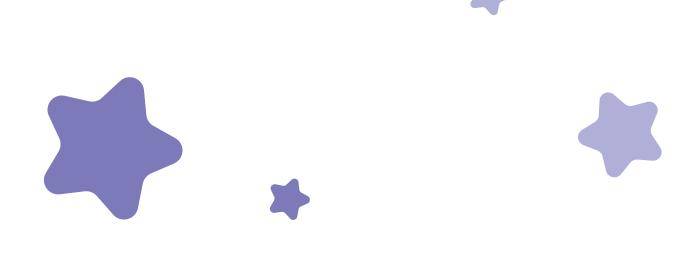
- Open Blinds to signal a new day
- O Dressing (change clothes)
- Restroom
- O Brush Teeth (morning hygiene)
- Quiet Play
- O Breakfast



After School Checklist

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







Bedtime Routine Checklist

- Outdoor activity to promote improved sleep
- O Dinner (+ earlier evening hydration)
- Quiet Play (set a visible timer with your child for start of bedtime routine)
- O 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



Tip for parents: With daily routines, try to meet your hcthtpilds://s/slhoovretu lral.antg/kumagvQe4. For example, if it is physical touch, provide extra cuddles/hugs. If it is acts of service, help fluff pillows, pick a blanket your child prefers, or sporadically make a favorite meal. Etc. Meeting your child's love language needs may improve their confidence/self-worth, improve their brain development, allow them to thrive daily, and improve how well your child responds to parents/others. All great things!