THE FAMILY RHYTHM

Our Morning Routine Checklist

Child's name: _____ Week of: _____

The night before

- [ ] Clothes picked out and laid out
- [ ] Backpack packed and by the door
- [ ] Lunch planned or packed
- [ ] Check tomorrow's plan together

Wake up

- [ ] Up at the agreed time
- [ ] Get dressed
- [ ] Make the bed (your child's version of done)

Getting ready

- [ ] Eat breakfast
- [ ] Brush teeth
- [ ] Comb hair
- [ ] Any medication or vitamins

Out the door

- [ ] Shoes and coat on
- [ ] Backpack, lunch, and water bottle
- [ ] One last look at the chart
- [ ] Leave by ____ (your family's time)