

Print out and use these cards like a checklist to guide your child with their morning/evening routine.

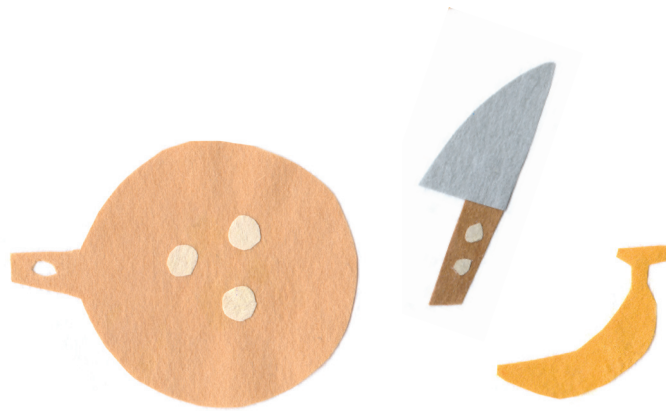
You can help your child place the cards in the order they'd like and tape them up on the wall.

By using these cards with your child:

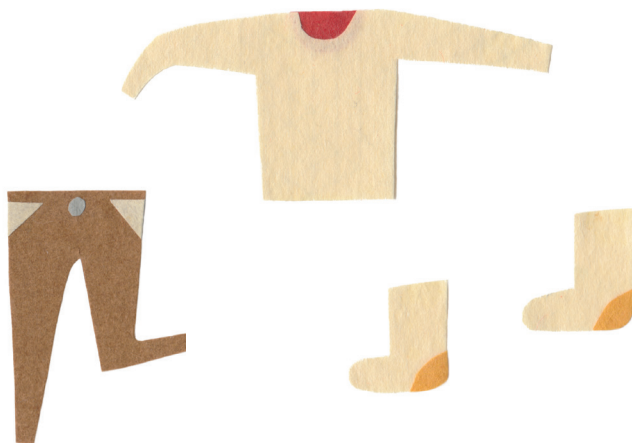
1. Your child is involved in the process, so they share the responsibility for the morning/evening routine.
2. They can refer to the cards to see what they need to do next.
3. No more nagging from us. We can simply say, "What do the cards say is next?"



MAKE BED



EAT BREAKFAST



GET DRESSED



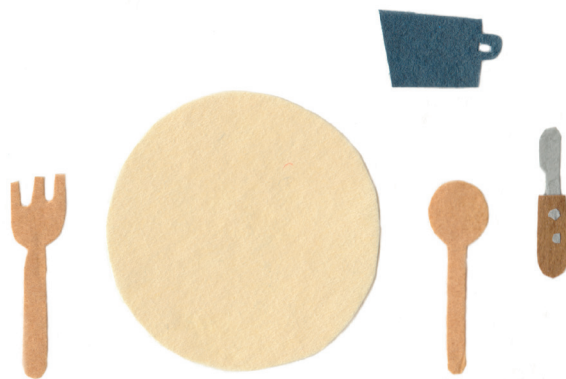
BRUSH HAIR



BRUSH TEETH



SHOES/COAT ON



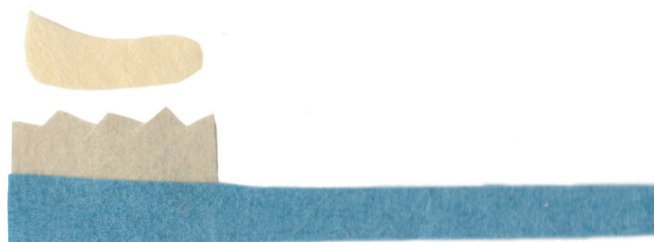
EAT DINNER



BATH



PAJAMAS ON



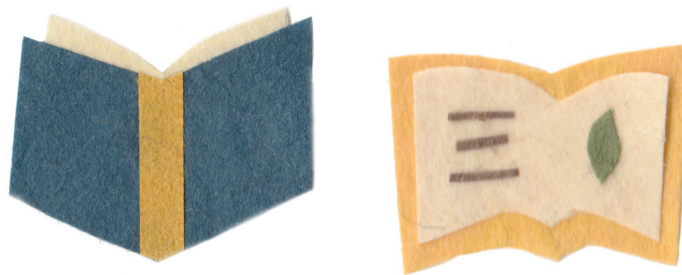
BRUSH TEETH



DRINK WATER



USE TOILET / CHANGE DIAPER



STORY TIME



CUDDLES



SLEEP TIME