

**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 would 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 their 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