

Morning & Bedtime Routine Charts

Customizable family anchors for the two busiest transitions of the day.

Choose anchors, not a perfect clock

Pick the few steps that help your family know what comes next. Cross out anything that creates more stress than it solves.

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|--|---|
| ☐ Wake, bathroom or diaper, and get dressed | ☐ Breakfast and water |
| ☐ Medicine or care items, if needed | ☐ Bags, shoes, keys, and one last bathroom check |
| ☐ Connection before separation | ☐ After-dinner reset |
| ☐ Bath or wash-up | ☐ Pajamas, teeth, and toilet |
| ☐ One quiet connection: book, song, prayer, or talk | ☐ Lights low and goodnight phrase |

Morning begins around	We need to leave by	Bedtime begins around
—	—	—

Our Morning Chart

Write or draw the steps your household will actually use.

Step	Who owns it	Done
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐

If the morning breaks down, ask whether there are too many steps, too little preparation, or an expectation that does not fit the child's age.

Our Bedtime Chart

Keep the order familiar while allowing timing to flex.

Step	Who owns it	Done
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐

One thing to prep tonight	One connection to protect