

MORNING AND BEDTIME TO DO INSTRUCTIONS

Routines give children a sense of security and help them develop independence.

Use these routine cards and the *I DID IT* page to help your child keep track of each step of their routine.

- Cut out the cards from page 2. (You can personalize them by coloring the images.)
- Use the box in the upper right-hand corner to number the cards in an order that best fits your family's schedule.
- As your child completes each step of the routine, place its card on top of the smiley face on the *I DID IT* page.
- Celebrate completing each step with a high five or fist bump.

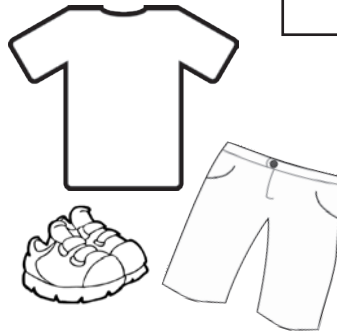
~ MORNING TO DO ~



**MAKE
BED**



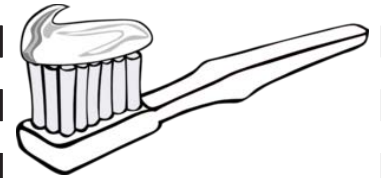
**GO
POTTY**



**GET
DRESSED**

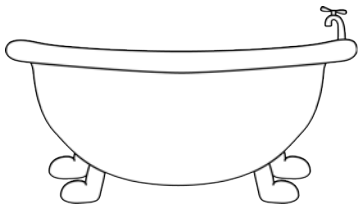


**EAT
BREAKFAST**

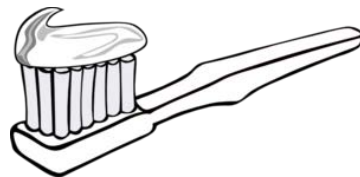


**BRUSH
TEETH**

~ BEDTIME TO DO ~



BATH



**BRUSH
TEETH**



STORIES



HUGS



**LAY
DOWN**

~ MORNING TO DO — I DID IT! ~



~ BEDTIME TO DO — I DID IT! ~

