

Our Daily Routine Planner

Planning sheets for morning, afternoon, and bedtime. Predictable routines lower everyone's stress — same steps, same order, every day. Write the steps small and concrete, add a visual cue your child can see, and check the box together. Pairs with the routine builder on our website.

Visual cue ideas: a photo of your child doing the step, a simple stick drawing, a picture card, or the object itself. Point to the cue instead of repeating the instruction — let the picture do the nagging.

■ Morning

The step (small and specific)	Visual cue idea	Done
1.		☐
2.		☐
3.		☐
4.		☐
5.		☐
6.		☐
7.		☐

■ Afternoon / after school

The step (small and specific)	Visual cue idea	Done
1.		☐
2.		☐
3.		☐
4.		☐
5.		☐
6.		☐
7.		☐

■ Evening / bedtime

The step (small and specific)	Visual cue idea	Done
1.		☐
2.		☐
3.		☐
4.		☐
5.		☐
6.		☐
7.		☐
8.		☐

■ Tonight, two minutes

Routines get built by noticing, not by willpower. Before bed, jot a line or two — over a week, these notes tell you exactly what to adjust.

What worked today: _____

What didn't (and where it fell apart): _____

One small change to try tomorrow: _____

Start with ONE routine, keep it boring, and let repetition do the heavy lifting. A routine that works for your family is the right routine.