



Morning and Evening Routines

Morning Routine: Make time to connect

Get ready for the routines.

- Prepare the night before. For example, get clothes ready and schoolwork packed.
- Get dressed and ready before you help your children start their routines.
- Manage your own mood to help your children manage theirs.
- Take 5 minutes to snuggle with each child as they wake up.

Help your children through their morning routines.

- Keep routines as simple and positive as possible. For example, sing a song as you walk your child downstairs.
- Your child can bring clothes downstairs and get ready while you prepare breakfast. Keep in mind: getting dressed is your priority, not your child's.
- Notice and encourage effort. Use praise that works.

Give your children choices. For example,

- "Do you want to brush your teeth in the kitchen or in the bathroom?"
- "Would you like to put on your shoes or jacket first?"

Practice or play out your usual mornings.

- Use stuffed animals or toys to act out parent and child behaviors. Pretend to have a parent yelling and a child whining. Then switch roles. Make it fun.

Evening routine: Make time to connect again

Start with a family meal.

- Eat together whenever possible. Talk about your day.
- Everyone helps clear the table after dinner.

Everyone goes to bed as early as possible.

- Work backward from the time you want your child in bed.
- If you have to wake a child up the next morning, he or she is not getting enough sleep. Lack of sleep hinders learning.
- Get yourself to bed earlier. If you need to use an alarm, you are probably not getting enough sleep.

Playtime

- Roughhousing reduces stress and increases calmness for sleep.
- Giggles increase connections.
- Avoid screen time.

Bath time

- Make the bath soothing to prepare for sleep.

Bed time

- Connect with your child by a routine you repeat that includes singing, reading, telling stories or expressing appreciation.

