

Morning Routine Builder

Build your own calm, shout-free morning — then let the chart do the reminding.

How to use: 1) With your child, list the morning steps in order below and draw a little picture for each. 2) Hang it where they can see it. 3) Each morning, they check off steps themselves — you point at the chart instead of repeating yourself.

1 • BUILD YOUR MORNING (IN ORDER)

1		Write the step (e.g. get dressed, brush teeth, shoes on) ...
2		Write the step (e.g. get dressed, brush teeth, shoes on) ...
3		Write the step (e.g. get dressed, brush teeth, shoes on) ...
4		Write the step (e.g. get dressed, brush teeth, shoes on) ...
5		Write the step (e.g. get dressed, brush teeth, shoes on) ...
6		Write the step (e.g. get dressed, brush teeth, shoes on) ...
7		Write the step (e.g. get dressed, brush teeth, shoes on) ...

2 • THIS WEEK

Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Step 1							
Step 2							
Step 3							
Step 4							
Step 5							
Step 6							
Step 7							

Make it stick: Give a heads-up before transitions ("two more minutes, then shoes"). Change one thing at a time and review after a week. Praise the effort, not just the result — and prep what you can the night before.