

## Setting Daily Routines

While life doesn't always go as expected, having a routine can help it be less chaotic. Young children do better with routines (especially morning and bedtime routines), as they have no clue about the adult world, and feel happier if they kind of know what to expect. It would be a good idea each morning to talk about the priorities and probabilities of the day. That might also be a good time to review expectations (such as at the store).

Following are a few ideas that can be adapted to your family's situation and preferences.

You can have an illustrated poem on a poster, such as one of the following:

Get up in the morning,  
Say your prayers;  
Wash your face,  
Comb your hair.  
Put on your clothes,  
And put on a smile—  
A happy face  
Is always in style.

Get up happy, Make your bed, Say your prayers After scriptures are read—	Play with blocks or puppets? Make a fort, play leap frog? Play "Simon Says", or get out toys. Have lots of fun, But use an appropriate voice.
Dress for the weather, Feed your pet, Wash your hands Help get the table set.	After lunch maybe you'll go For a leisurely stroll— Stop, Look, and Listen before you cross, Be safe whenever you take a walk.
Bow for Grace, Eat well and politely; Take your dishes to the sink: Dishes washed well Shine clean and brightly.	Come home for a story, Or maybe a few, Maybe Mom will pick one, And then you can choose.
You can help Mom Sort laundry or dust: Chores can be fun Even though they're a Must.	A blankie feels cozy, And so does Mom's lap, You've had quite a day, Now it's time for a nap.
Practice colors and shapes ABCs, 123s— Move to the Music: When it stops, you "freeze".	



Or, you might prefer a chart, similar to those following →

**GOOD MORNING!**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**wash face**



**dress**



**comb hair**



**feed pet**



**wash hands**



**eat breakfast**



**dishes to sink**



**brush teeth**









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# In the morning



Earn a  for each thing.

wash dress comb 							
feed pet 							
eat breakfast							
brush teeth 							
help mom: dishes, laundry 							
count 123 colors  shapes  ABCs 