

## 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—

Dress for the weather,  
Feed your pet,  
Wash your hands  
Help get the table set.

Bow for Grace,  
Eat well and politely;  
Take your dishes to the sink:  
Dishes washed well  
Shine clean and brightly.

You can help Mom  
Sort laundry or dust:  
Chores can be fun  
Even though they're a Must.

Practice colors and shapes  
ABCs, 123s—  
Move to the Music:  
When it stops, you "freeze".

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.

After lunch maybe you'll go  
For a leisurely stroll—  
Stop, Look, and Listen before you  
cross,  
Be safe whenever you take a walk.

Come home for a story,  
Or maybe a few,  
Maybe Mom will pick one,  
And then you can choose.

A blankie feels cozy,  
And so does Mom's lap,  
You've had quite a day,  
Now it's time for a nap.



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.

|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
| <p>wash<br/>dress<br/>comb</p>    |  |  |  |  |  |  |  |
| <p>feed pet</p>  <p>eat breakfast</p>   |  |  |  |  |  |  |  |
| <p>brush teeth</p>   |  |  |  |  |  |  |  |
| <p>help mom:<br/>dishes, laundry</p>    |  |  |  |  |  |  |  |
| <p>count </p> <p>colors </p> <p>shapes </p> <p>ABCs </p> |  |  |  |  |  |  |  |