

Here is an example of a morning routine. Use this to help you model your own morning routine.

Morning Routine

6:00 Parent wakes up. Parent gets ready.

6:30 Parent wakes up Jenny and gently kisses her on the cheek. Parent says, "time to get up, Jen-Jen!"

6:31 Parent turns on a lamp. They take some clothes out of the closet. Parent says, "Jenny, do you want to wear this red shirt or that blue shirt?"

6:35 Parent helps Jenny get dressed. They let Jenny do as much as she can by herself.

6:45 Parent makes breakfast. Parent asks Jenny what kind of cereal she wants that day. Then parent pours juice for them both.

7:05 Parent takes Jenny to the bathroom. Parent helps her brush her teeth and wash her face. Parent brushes her hair.

7:15 Parent and Jenny get in the car. Parent drives to childcare.

Write a morning routine that you can use with your child.

Time

Activity

Here is an example of a naptime routine. Use this to help you model your own naptime routine.

Naptime Routine

2:00 Parent and Joey, a two-year-old, get in a rocking chair to read a story.

2:15 The story is finished. Parent plays soft music or sings softly to Joey. Parent rocks him.

2:20 Parent puts Joey to bed. Parent says, “sleep well, sweetheart. I love you.”

4:00 Joey wakes up and calls for his parent. Parent comes into the bedroom and says, “did you have a good nap?” Parent picks him up and says, “would you like some juice?” They go to the kitchen and have some juice.

Here is an example of a bedtime routine. Use this to help you model your own bedtime routine.

Bedtime Routine

7:30 Parent fills the bathtub. Parent tells Daniel, a four-year-old, to take his clothes off.

7:35 Parent gives Daniel a bath. Parent plays some fun music and puts two or three toys in the bathtub for Daniel. Parent plays with Daniel before starting to bathe him. (Never leave a young child alone in the bathtub. They could drown!)

7:45 Parent dries Daniel and helps him put on his pajamas. Parent helps son brush his teeth and comb his hair.

7:55 Parent reads Daniel a story.

8:05 Parent says, "I love you, son." Daniel says, "I love you, too." Parent turns off the light and leaves the door open a little.

(Your child should sleep in their own bed if possible. If they get scared at night and get in your bed, take them back to their bed, comfort them, and stay for a little while before saying goodnight.)

