

Morning Routine Checklist

For Parents

- ☐ Prepare breakfast and lunchboxes
- ☐ Review the day's schedule (meetings, pickups, activities)
- ☐ Check weather and adjust kids' outfits if needed
- ☐ Sign any school forms or permission slips

For Kids

- ☐ Wake up on time
 - ☐ Make the bed
 - ☐ Brush teeth and wash face
 - ☐ Get dressed (uniform or outfit of the day)
 - ☐ Eat breakfast
 - ☐ Pack backpack (homework, lunch, water bottle, etc.)
 - ☐ Double-check for special items (gym clothes, library books, etc.)
 - ☐ Leave on time (bus, carpool, or walk)
-

Evening Routine Checklist

For Parents

- ☐ Check in with kids about their day
- ☐ Review and sign homework or school notes
- ☐ Prep lunch items for the next day
- ☐ Lay out clothes/uniforms for tomorrow
- ☐ Set alarms and review the next day's calendar

For Kids

- ☐ Unpack backpack (lunchbox, homework, notices)
- ☐ Do homework and reading
- ☐ Pack backpack for the next day
- ☐ Take a bath or shower
- ☐ Brush teeth
- ☐ Choose clothes for tomorrow
- ☐ Wind down with a book or quiet activity
- ☐ Go to bed on time