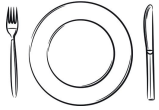


Nighttime Routine



- ❑ Eat dinner as a family. Parents, give your kinder opportunities to help (i.e. set the table, mix the salad, gather ingredients).



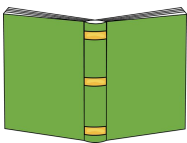
- ❑ Take a bath, even if just a quick one to wash away the day and let your child know that it's time to unwind.



- ❑ Put on pajamas.
- ❑ Brush teeth for 2 minutes. Play the tooth brushing song while your child brushes.



- ❑ Ask a parent to help you check the weather app on their phone. Together, plan an outfit for the next day. Remember that your child will be playing on the floor, running and climbing equipment. Sneakers should be worn daily!

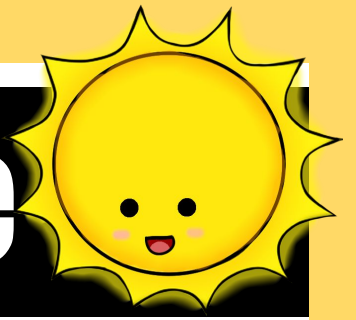


- ❑ Pick a book and get in bed. Parents, read the book with your child as you cuddle in bed. Allow your child to point to the title and turn the pages. Encourage them to help you read by describing the pictures, pointing to the next line of text and reciting familiar scenes/text.



- ❑ Say goodnight and lights out! Turn nightlight on if needed.

Morning Routine



- ☐ Parents, pick a time to wake up your kinder that will give the whole family enough time to get ready and out the door without being too rushed. You want your kinder to come to school calm, relaxed and ready to learn.

*If your child is resistant to getting up early, create a plan that allows them to adjust more slowly: 1st time entering, turn on soft lighting, such as a lamp in the corner. Kiss your child and say, "Rise and shine! A beautiful day awaits. This is your 1st wake-up call." 2nd time entering, turn on overhead lights and sit down on your child's bed. This time, ask questions to elicit a response (even a grunt) from your child. Say, "Good morning (name)! We're having cereal this morning for breakfast. Which one would you like me to take out for you? Would you like a banana or an apple to go with it? OK great. This is your second wake-up call. The next time I come in you have to get out of bed." Leave the door open as you leave. The 3rd time entering, let your child know that s/he must get out of bed this time, but avoid a power struggle. Start talking to your child about the plan for today, any special events (getting them excited about the day will get them out of bed in a happy mood!), something funny or cute the dog just did, etc.



- ☐ Make your bed.
- ☐ Get dressed; your outfit should already be laid out.



- ☐ Sit down at the table and eat breakfast as a family. A full, healthy breakfast is very important as your child will be awake and working hard for many hours before lunch time.

*Parents, create a "busy-bin" that your child can use if s/he is waiting on siblings or ready before it's time to leave. A morning busy bin should be small, simple, quick clean-up activities that your child can quickly disengage from (i.e. coloring books, fidgets, word searches, no-mess playfoam, puzzles, etc.)

- ☐ Get on the bus or in the car and head to school!

