

## Morning and Evening Routines

### Morning Routine: Make time to connect

Get ready for the routines.	<ul style="list-style-type: none"> <li>• Prepare the night before. For example, get clothes ready and schoolwork packed.</li> <li>• Get dressed and ready before you help your children start their routines.</li> <li>• Manage your own mood to help your children manage theirs.</li> <li>• Take 5 minutes to snuggle with each child as they wake up.</li> </ul>
Help your children through their morning routines.	<ul style="list-style-type: none"> <li>• Keep routines as simple and positive as possible. For example, sing a song as you walk your child downstairs.</li> <li>• Your child can bring clothes downstairs and get ready while you prepare breakfast. Keep in mind: getting dressed is your priority, not your child's.</li> <li>• Notice and encourage effort. Use <i>praise that works</i>.</li> </ul>
Give your children choices.	<p>For example,</p> <ul style="list-style-type: none"> <li>• “Do you want to brush teeth in the kitchen or in bathroom?”</li> <li>• “Would you like to put on your shoes or jacket first?”</li> </ul>
Practice or play out your usual mornings.	<ul style="list-style-type: none"> <li>• Use stuffed animals or toys to act out parent and child behaviors. Pretend to have a parent yelling and a child whining. Then switch roles. Make it fun.</li> </ul>

### Evening routine: Make time to connect again

Start with a family meal.	<ul style="list-style-type: none"> <li>• Eat together whenever possible. Talk about your day.</li> <li>• Everyone helps clear the table after dinner.</li> </ul>
Everyone go to bed as early as possible.	<ul style="list-style-type: none"> <li>• Work backward from the time you want your child in bed.</li> <li>• If you have to wake child up the next morning, he or she is not getting enough sleep. Lack of sleep hinders learning.</li> <li>• Get yourself to bed earlier. If you need to use an alarm, you are probably not getting enough sleep.</li> </ul>
Playtime	<ul style="list-style-type: none"> <li>• Roughhousing reduces stress and increases calmness for sleep.</li> <li>• Giggles increase connections.</li> <li>• Avoid screen time.</li> </ul>
Bath time	<ul style="list-style-type: none"> <li>• Make the bath soothing to prepare for sleep.</li> </ul>
Bed time	<ul style="list-style-type: none"> <li>• Connect with your child by a routine you repeat that includes singing, reading, telling stories or expressing appreciation.</li> </ul>