



morning & bedtime **ROUTINES**



MORNING ROUTINE




 Wake up and get out of bed


 Use bathroom


 Brush teeth & wash face

 Get dressed

 Eat breakfast

 Gather backpack or items

 Check schedule or visual plan

 Leave for school or activity

BEDTIME ROUTINE





 Clean up toys or belongings

 Take a bath or shower

 Put pajamas on

 Brush teeth

 Prepare for tomorrow
(choose clothes, pack bag)

 Quiet activity (reading, music)

 Get into bed

 Lights out

If routines are challenging for your child, we can help!

iRehab 248.252.6064
Services iRehabServices.com

I DID IT!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
	FRIDAY	SATURDAY	SUNDAY	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	