

Our Daily Routine Chart

A simple morning-and-night checklist toddlers can point to — pairs with our Daily Routines Guide.

Morning

- ☐ Wake up & stretch
- ☐ Use the potty / diaper change
- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Brush teeth
- ☐ Shoes on, ready to go

Night

- ☐ Tidy up one toy together
- ☐ Bath or wash up
- ☐ Pajamas on
- ☐ Brush teeth
- ☐ One story
- ☐ Lights out, goodnight hug

Why a visual routine helps

Toddlers can't yet hold a full routine in their head, but they can follow pictures and checkboxes. Let your child check off (or point to) each step themselves — it turns the routine into something they own, not something being done to them.