

Use one list at a time to reduce repeated reminders and make the next step visible.

Family member \_\_\_\_\_ Date \_\_\_\_\_

## Morning

- ☐ Use the bathroom
- ☐ Get dressed
- ☐ Eat or pack breakfast
- ☐ Brush teeth
- ☐ Pack bag and water
- ☐ Check the door

## Leaving home

- ☐ Shoes on
- ☐ Coat or sun protection
- ☐ Homework or activity item
- ☐ Say goodbye
- ☐ Walk safely

## Bedtime

- ☐ Tidy one small area
- ☐ Wash and change
- ☐ Brush teeth
- ☐ Choose a book
- ☐ Lights low and quiet
- ☐ Goodnight connection

## My helpful reminder

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