

Do it yourself *my good night*
















Children love routine; it helps them feel safe and secure. It lets your child know what you expect and strengthens your relationship. Remember to keep your expectations appropriate for your child's age, and reward them when they do well—Praise, hugs, and kisses work really well for young children. Extra privileges and sincere thanks are ways to acknowledge that an older child or teen is growing up and taking more responsibility.

**Share what works for you on social media,
#mycleschool.**

Cut and paste the items
on the back of this page
to set your own routine!



My school night routine

#	order		what time?
		School dismisses at	____ : ____
<input type="checkbox"/>		Arrive Home	____ : ____
<input type="checkbox"/>		Unpack school bag	____ : ____
<input type="checkbox"/>		Change clothes	____ : ____
<input type="checkbox"/>		Eat a snack	____ : ____
<input type="checkbox"/>		Do homework	____ : ____
<input type="checkbox"/>		Play or chill out	____ : ____
<input type="checkbox"/>		Help with chores	____ : ____
<input type="checkbox"/>		Eat dinner	____ : ____
<input type="checkbox"/>		Brush teeth + wash up	____ : ____
<input type="checkbox"/>		Lay out tomorrow's outfit	____ : ____
<input type="checkbox"/>		Go to bed	____ : ____
<input type="checkbox"/>		Read for 20 minutes	____ : ____
<input type="checkbox"/>		Lights out	____ : ____

Do it yourself *my great day*






A great school day starts with having a routine. Build a routine that works for you. Post it where you can see it, and try setting some fun alarms on your phone to help you stick to your plan.

**Let us know what works for your family.
Send your comments to update@clevelandta.org.**

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My morning routine

# order		what time?
<input type="checkbox"/>	 Wake up	____ : ____
<input type="checkbox"/>	 Wash up	____ : ____
<input type="checkbox"/>	 Get dressed	____ : ____
<input type="checkbox"/>	 Eat breakfast	____ : ____
<input type="checkbox"/>	 Clean up after myself	____ : ____
<input type="checkbox"/>	 Brush teeth + fix hair	____ : ____
<input type="checkbox"/>	 Put on shoes & coat	____ : ____
<input type="checkbox"/>	 Grab backpack & head out	____ : ____
<input type="checkbox"/>	 Get on the bus	____ : ____
<input type="checkbox"/>	 Chill with a book	____ : ____
<input type="checkbox"/>	 Arrive at school	____ : ____
	School starts at	____ : ____