

Morning Routine



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About the Author and Illustrator:

Hi! I am Mathilde Cerioli and I love to develop useful tools for families, that both parents and children will love. I was trained in both Psychology (M.Sc) and Cognitive Neurosciences (Ph.D), and I am a Positive Discipline Educator. In my research and clinical work, I have always sought to use scientific knowledge to improve families' daily life. As a mother of three little dragons myself, I know that life as a parent can get challenging sometimes!



Why use the Night-time Routine Chart?

Like in many families, my **children struggle with getting ready in the morning**. Getting them up, fed, dressed, and with all their things ready can be a lot! And a big part of the struggle seems to be us parents, asking and reminding them “Did you brush your teeth?”, “Where are your shoes?”, and tracking who’s at which step. **The best way to make our lives easier is to help our children become more independent, and more confident in their own abilities**. Then you can just replace all of this questioning and tracking by “**Look at your Routine Chart, what do you still need to do?**”, and they get to remember what is the next thing on their list!

How to set it up

- Use:
 - The already made Morning Routine Chart
 - OR Make your own Morning Routine Chart, by cutting and pasting the images you need. Since I want it to be as helpful as possible, please send me an email at mathilde@flylittledragon.com if you think of one we forgot!
- **Pick your cover**, either the colored one or the black and white. For the latter, you can have your child color it themselves! Some children will prefer making it themselves, while some will respond better to one that looks more colorful.
- Print on **cardboard paper** for best results.
- Cut the flaps along the dotted lines. For the flaps to stick, you can use either velcro, sticky magnets or tacks. For longevity, you can also laminate it.

Printing Guide

- **Morning Routine Chart, Color**, print pages 4 & 6, on recto-verso
- **Morning Routine Chart, Black&White**, print pages 5 & 6, on recto-verso
- **Make-your-own 8 tasks Morning Routine Chart, Color**, print 4 & 7 on recto verso, and page 8 on a separate paper
- **Make-your-own 8 tasks Morning Routine Chart, Black&White**, print pages 5 & 7 on recto verso, and page 8 on a separate paper.
- If you want less steps, you can always decide to cut the back of page 4 (color) or 5 (black and white) in 3 to 6 steps. We don't encourage more than 7 steps, because the routine should not have to feel overwhelming to children. Remember, it's evening time and children are running low on energy!

How to use it

1. Introduce the Routine Chart to your children and how it works. **Once they finished one of their tasks, they get to close the flap!**
2. Children **do not have to strictly follow the orders of the tasks**. On the contrary, when they get to pick what and when they do it, it gives them a sense of control, and they are much more likely to collaborate. That being said, they also have to **respect your family's rules**. For instance you can tell them "Using the bathroom has to come first, and we put our shoes on only when we are leaving the house."
3. Place it in a strategic place, where they can both see and reach it easily (e.g., by the bathroom door or their bed.)
4. When they are getting ready for their day, you can just remind them "What do you still need to do?", Instead of doing all the thinking for them. It gives children a sense of control, and independence, which is great for their self-esteem!

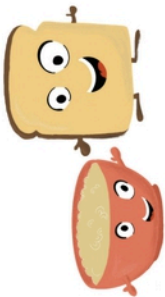
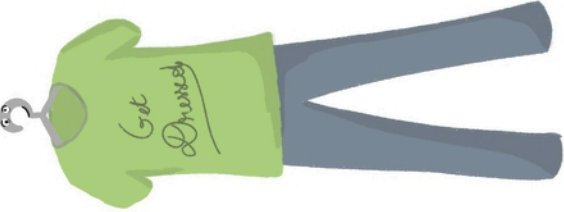
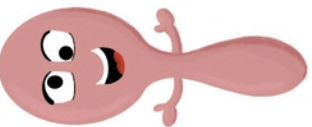
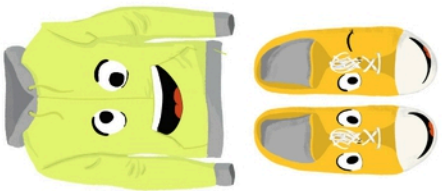


Good Morning



Good Morning





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Build your own routine!

