

# Building Routines to Have Better Days



## Morning Routine

- Wake up at the same time every weekday
- Have breakfast
- Have a positive conversation about the day ahead!



## Afternoon Routine

- Ask strategic questions after school
- Have a healthy snack together
- Go for a family walk
- Get all homework done



## Nighttime Routine

- Go to bed around the same time every night
- Do something to unwind
- Have a family ritual

### Other Tips:

Remind your child of what they have to look forward to when the school day is over

Create a constructed and consistent afternoon schedule

A great evening helps us feel prepared for the following day