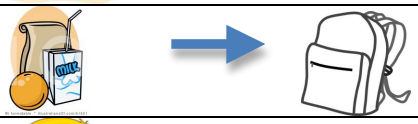
Use this example to build child-specific routines with your son or daughter.

"Children have a developmental need for order that is present through age 2.5, but can stretch out to age 5 depending on the child. Having routines in place can help a child feel secure and know what to expect" —
E. M. Standing, *Maria Montessori, Her Life and Work*

SUSTAINABLE PARENTING

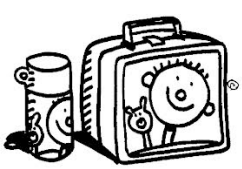
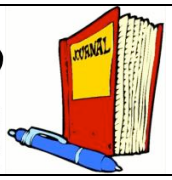
www.sustainableparenting.com

Andrew's Morning Routine

Wake-up after 7:00 (NOT BEFORE)	
Put Pull-up in Garbage	
Get Dressed	
Eat Breakfast	
Take Vitamins	
Put Lunch in Backpack	
Brush Teeth	
Play if there is time	
Get Coat and Stuff	
Take Backpack to School	
Go to School	

SUSTAINABLE PARENTING

www.sustainableparenting.com Andrew's After-School Routine

Put lunchbox on counter and empty it out	
Snack	
Homework = cutting or writing or workbook	
Play	
Night	
Take Vitamins	
Brush Teeth	
Put dirty clothes in laundry basket	
Potty	
Read Books	
Settle in to Bed	

*Ideas from Sara Polancheck, Parenting Educator at Families First, Missoula, MT.