



## Routines & Schedules

*Schedules provide consistency and routines so that children have structure and predictability. As summer ends and preparation for the the next school year begins, it is a great time to revise or start implementing schedules for the entire family.*

### Let's Explore

Create schedules or checklists with your child to assist in completing tasks and to teach responsibility. When creating these tools consider incorporating activities such as meal time, reading, homework, extracurricular activities, movement, and morning/night time routines such as brushing teeth, bathing, preparing clothes, and getting dressed.

### Things provided: Sample Checklists

Picture Checklists – Source <https://thetripclip.com/tc/Main/organize.php>

Night Time Checklist Template - Source - [www.simplybeingmommy.com](http://www.simplybeingmommy.com)

### Learning on the Go!

- **Time Talk** – As you venture throughout the day with your child talk about the time of day activities are occurring, such as morning, noon, night. This helps children start to understand the concept of time. As they get older begin incorporating a clock to introduce them to the formal skill of telling time.

Share with us! We would love to see how you did this activity.  
Use the hashtag #grow2gether so we can find it!

