



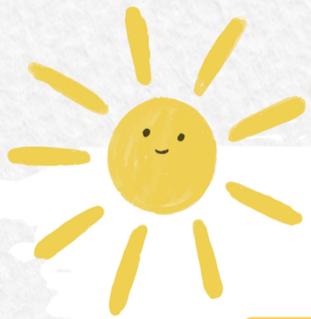
Morning Routine Checklist for Kids

🌙 Evening Preparation (Night Before)

Complete these tasks to save time in the morning

- Check weather forecast and lay out appropriate clothes
- Pack backpack with homework, library books, and supplies
- Prepare lunch and snacks, store in refrigerator
- Set out shoes, boots, and seasonal outerwear
- Review tomorrow's schedule (after-school activities, appointments)
- Charge devices and pack chargers if needed
- Set out breakfast items and dishes
- Brush teeth and complete bedtime routine

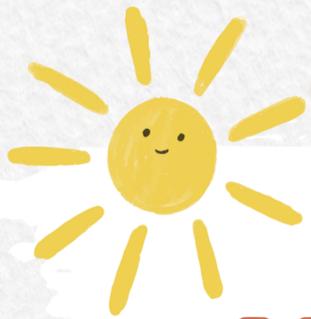




AGES 3-6: Preschool & Kindergarten

With parent assistance

- Wake-up at: _____ AM
 - Make bed (with help)
 - Brush their teeth (2 minutes)
 - Wash face and hands
 - Get dressed in pre-selected clothes
 - Eat nutritious breakfast
 - Brush hair
 - Use bathroom
 - Put on shoes and seasonal outerwear
 - Grab backpack and lunch box
 - Door on time by: _____ AM Canadian Weather
- Add-ons: Hat and mittens (winter)
- Sunscreen application (summer)
 - Rain boots and jacket (spring/fall)



AGES 7-10: Elementary School

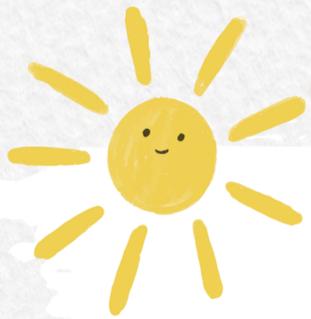
Building independence

- Wake-up independently at: _____ AM
- Make bed
- Brush teeth thoroughly (2 minutes)
- Shower/wash face
- Get dressed checking weather appropriately
- Make breakfast or eat prepared meal
- Pack lunch in lunchbox
- Double-check backpack contents
- Review day ahead schedule
- Gather sports equipment/musical instruments
- Check weather and dress appropriately
- Ready for the day by: _____ AM Independence

Builders: Set own alarm clock

- Choose weather-appropriate clothing
- Pack healthy snacks
- Organize homework area



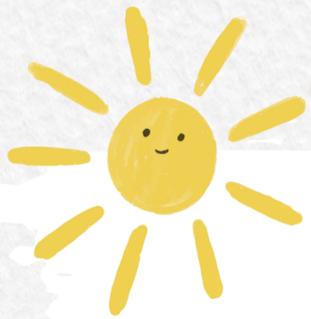


☀️ AGES 11+: Middle School & High School

Full independence focus

- Wake-up independently at: _____ AM
- Make bed and tidy room
- Complete personal hygiene routine
- Get dressed professionally/appropriately
- Prepare nutritious breakfast
- Pack lunch and water bottle
- Organize backpack with all materials
- Check daily schedule and priorities
- Gather extra-curricular equipment
- Self-care check (mental health, stress levels)
- Leave for school on time by: _____ AM



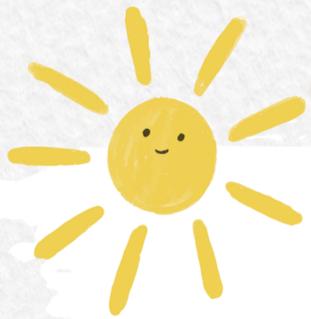


☀️ AGES 11+: Middle School & High School

Teen Responsibilities:

- Manage own consistent sleep schedule
- Plan ahead for project deadlines
- Coordinate transportation
- Communicate schedule changes to parents





Family Morning Tasks (All Ages)

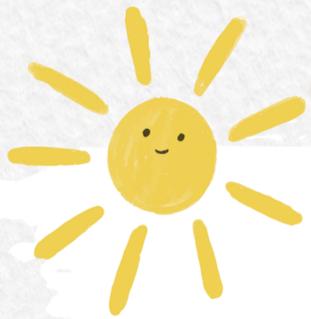
Parent/Guardian Tasks:

- Wake children at designated times
- Prepare/supervise breakfast
- Check weather and clothing choices
- Review daily schedules with kids
- Ensure lunch box and backpack readiness
- Stay calm and maintain positive tone for the day
- Complete final household checks
- Get to work preparation

Family Check:

- All medications taken (if applicable)
- Emergency contacts/information updated
- Car keys, wallet, work materials ready
- House locked and secured





Canadian Seasonal Additions

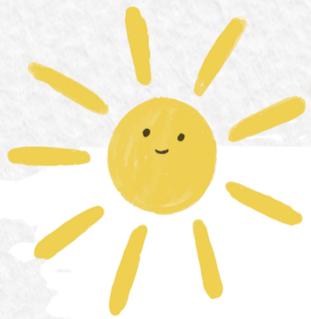
Winter Months:

- Check car/bus delays due to weather
- Extra layers (long underwear, warm socks)
- Winter boots, hat, mittens, scarf
- Allow extra travel time
- Lip balm and moisturizer

Summer Months:

- Sunscreen application
- Water bottles filled
- Light, breathable clothing
- Hat for outdoor activities
- Check for heat warnings





! Special Considerations

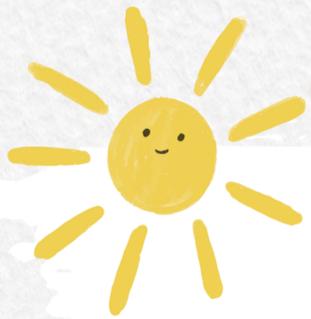
For Children with ADHD:

- Use visual routine charts
- Set timer can help with transitions
- Break tasks into smaller steps
- Extra buffer time built in
- Celebration/reward system activated

For Multiple Children:

- Stagger wake-up times if needed
- Older children help younger kids
- Age-appropriate task assignments
- Individual attention time scheduled





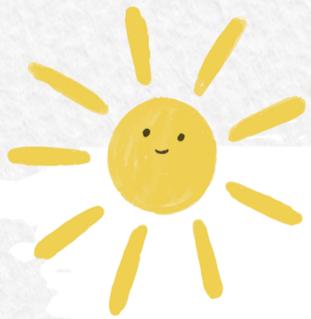
☑, Weekly Review Questions

Answer these weekly to improve your morning routine for kids

1. What time did we consistently get out the door? _____
2. Which morning tasks took longer than expected? _____
3. What caused the most stress this week?

4. What worked really well? _____
5. What should we adjust next week? _____
6. Are the kids ready for the day feeling confident? _____





Morning Routine Checklist Success Tips

- ✔️ Customize this checklist for your family's specific needs
- ✔️ Laminate and use dry-erase markers for reusability
- ✔️ Post in visible location (kitchen, hallway, kids' rooms)
- ✔️ Review and adjust monthly as children grow
- ✔️ Celebrate successes and reduce stress with positive reinforcement
- ✔️ Remember: Consistency builds lasting habits

📱 For more parenting resources and childcare options across Canada, visit Kinderpage.ca

🖨️ Print this checklist and customize it for your family's successful morning routine for kids!

