Daily Routine Chart

A visual schedule helps your child know what to expect each day. Fill in your times, tick each step together, and stick it where everyone can see it.

Child's name: _____ Week of: _____

	Our routine	Time	Done
1.	Wake up & cuddles		☐
2.	Breakfast		☐
3.	Brush teeth & get dressed		☐
4.	Play & learning		☐
5.	Lunch		☐
6.	Nap / quiet time		☐
7.	Outdoor play		☐
8.	Snack time		☐
9.	Family dinner		☐
10.	Bath time		☐
11.	Pyjamas & brush teeth		☐
12.	Story time		☐
13.	Lights out		☐
14.			☐
15.			☐
16.			☐

Tip: young children love ticking the box themselves — it turns the routine into a game, not a battle.