

# Your kid's morning routine

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Mornings are hectic. But they become a whole lot easier once your child learns how to adopt a positive morning habit...and do it on autopilot. Use this chart to reinforce four simple behaviors with your child. The routine can be done before or after breakfast, whichever comes more naturally for your family. Reward your child with a sticker each day he completes his routine successfully. After five or ten consecutive days of success, celebrate with high-fives and a special treat.

## the good morning habit



monday



tuesday



wednesday



thursday



friday



monday



tuesday



wednesday



thursday



friday



monday



tuesday



wednesday



thursday



friday



monday



tuesday



wednesday



thursday



friday

