

School Morning Checklist

Make the morning routine visible and reduce repeated verbal reminders.

How to use: Keep this checklist where your child can see it. The goal is to move reminders out of the parent's voice and into a predictable visual routine.

My Morning Routine

Done	Morning step	What helps me remember?
■	Wake up / turn off alarm	
■	Bathroom	
■	Get dressed	
■	Eat breakfast	
■	Take medication (if part of my routine)	
■	Brush teeth / hair	
■	Pack backpack	
■	Lunch / water bottle	
■	Shoes / jacket	
■	Check today's special items	
■	Leave for school	

One thing that makes mornings easier for me:

Parent note: What can I point to instead of repeating?
