

My Daily Routine Chart

A visual schedule for toddlers & preschoolers

Ages 1 - 6

How to Use This Chart

1. Print on cardstock and laminate for durability.
Use a dry-erase marker to check off each day.
2. Hang at your child's eye level, in the room where the routine happens.
3. Point to the chart together and ask:
"What comes next?" (not "Go do this!")

*The chart does the organizing so their brain doesn't have to.
It's about what comes next, not what time it is.*

Most steps still need your help. The chart builds familiarity, not independence.

Ages 2 - 3

Name: _____

Week of: _____

MORNING ROUTINE

M T W T F S S



Wake Up



Diaper / Potty



Get Dressed



Eat Breakfast



Brush Teeth

BEDTIME ROUTINE

M T W T F S S



Tidy Up Toys



Bath Time



Put On Pajamas



Brush Teeth



Read a Book



Lights Out

They can start doing more of this on their own.

Ages 3 - 6

Name: _____

Week of: _____

MORNING ROUTINE

M T W T F S S



Use Toilet



Wash Hands & Face



Get Dressed



Make Bed



Eat Breakfast



Brush Teeth



Shoes On

BEDTIME ROUTINE

M T W T F S S



Tidy Room



Bath / Shower



Put On Pajamas



Brush Teeth



Pick Clothes for Tomorrow











Read Books



Lights Out

Draw or paste your own pictures. For kids who need fewer steps, just use 2-3 rows at a time.

My Custom Routine

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Quick Transition Tips

- Give a heads-up: "Two more minutes, then we check the chart."
- Use a ritual: a silly walk, a race, or a cleanup song.
- Name the feeling: "You're sad playtime is over. I get it."
- Ask, don't command: "What comes next on your chart?"