

# WHY IT'S GOOD TO GET ROUTINES SORTED.

Having a predictable routine can help both younger and older children feel secure and happy. Routine charts are also a great way to help our kids take responsibility for parts of their day, and feel good about it! For parents, it means we can quit nagging and focus on the good stuff – like their efforts and strengths.

Win, win, win!

For tips, tricks and a guide to Canterbury's free parenting courses, visit:

[allright.org.nz/parenting](http://allright.org.nz/parenting)

## GOOD ADVICE CAN BE A REAL GAME CHANGER.

**ALL RIGHT?**

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# HELP YOUR KIDS FORM EVERYDAY ROUTINES.



Look inside to find a free chart for kids aged 4-10.

# MY DAILY ROUTINE.

Add your name and a few of the things you do each day, then use a pencil to tick them off.

Name: \_\_\_\_\_

To make the most of this chart, check out our handy tips online. You'll also find a free version you can reprint at:

[allright.org.nz/parenting](http://allright.org.nz/parenting)

Morning



Afternoon



Evening



 Make bed

1 2 3 4 5

 Unpack bag


1 2 3 4 5

 Have dinner

1 2 3 4 5

 Get dressed


1 2 3 4 5

 Have a snack


1 2 3 4 5

 Tidy bedroom

1 2 3 4 5

 Have breakkie

1 2 3 4 5

 Do homework

1 2 3 4 5

 Brush teeth

1 2 3 4 5

 Brush teeth

1 2 3 4 5

 Play time!

1 2 3 4 5

\_\_\_\_\_ 1 2 3 4 5

\_\_\_\_\_ 1 2 3 4 5

\_\_\_\_\_ 1 2 3 4 5

Reward: \_\_\_\_\_

