

Visual Routine & Boundary Charts

MORNING & BEDTIME VISUAL ROUTINE CARDS

Fill in your child's name, then check each step off together as it's finished. The chart is the timekeeper here — not you — so there's nothing to nag about.

MORNING ROUTINE

CHILD'S NAME:

- ☐ Wake up & stretch
- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Brush teeth
- ☐ Shoes & backpack by the door

TODAY'S REWARD / NOTE (OPTIONAL):

BEDTIME ROUTINE

CHILD'S NAME:

- ☐ Pajamas on
- ☐ Brush teeth
- ☐ Pick one book
- ☐ Lights out

TODAY'S REWARD / NOTE (OPTIONAL):

The When / Then Task Board

TURN CHORES INTO CLEAR, NON-NEGOTIABLE SEQUENCES

Fill in one task-board line per recurring flashpoint — the task that has to happen, and the privilege that follows it. Post it where your child can see it, and let the board hold the line instead of you.

WHEN...	THEN...	DONE
		☐
		☐
		☐
		☐
		☐
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