Your Parenting Blueprint

Morning Routine Planner

One small step at a time — for you and your child

Child's name: _____ Week of: _____

Our Morning Steps

Write your child's routine steps below. Check them off together — one at a time.

- [ ] **1.** Wake up & sensory start (swing, stretch, deep pressure — whatever their body needs)
- [ ] **2.** _____
- [ ] **3.** _____
- [ ] **4.** _____
- [ ] **5.** _____
- [ ] **6.** _____
- [ ] **7.** _____
- [ ] **8.** _____

Before We Start — Quick Body Check

When behavior doesn't match the situation, check the body first:

- [ ] Slept well?
- [ ] Eaten?
- [ ] Bathroom?
- [ ] Sensory needs met?
- [ ] Anything different today?

Remember: the freeze isn't the problem. It's the signal. — Your Parenting Blueprint

Your Parenting Blueprint

Micro-Victories Tracker

What feels minimal now is building lighter days ahead

Week of: _____

This Week's Micro-Victories

Too small to post about. Too quiet to celebrate out loud. Write them here anyway.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

What gets noticed gets repeated. — Your Parenting Blueprint