Choose your morning steps

These are choices, not a fixed order. Choose the steps your child understands, add the help they need and follow your usual personal-care guidance.

Clothes

Get dressed with the help you need

Breakfast

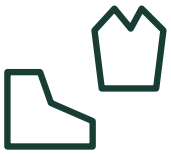
Have your usual breakfast

Teeth

Follow your usual tooth-care routine

Bag

Check the things needed today



Shoes and coat

Choose what suits the day

Ready to leave

Agree the next step with your adult

Our order / steps to leave out: _____

Help we will give: _____

An adult handles cutting and keeps loose cards away from younger children. Point to the uncut page if easier. The pictures do not replace adult help or teach a new skill. This is a household reminder, not treatment or a reward score.

Choose your evening steps

These are choices, not a fixed order. Choose the steps your child understands, add the help they need and follow your usual personal-care guidance.

Tidy a little

Choose one small shared job

Wash

Follow your usual washing routine

Pyjamas

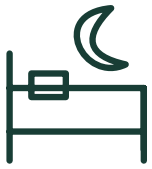
Choose comfortable night clothes

Teeth

Follow your usual tooth-care routine

Story or quiet time

Choose a familiar quiet activity



Settle for the night

Follow your usual bedtime plan

Our order / steps to leave out: _____

Help we will give: _____

An adult handles cutting and keeps loose cards away from younger children. Point to the uncut page if easier. The pictures do not replace adult help or teach a new skill. This is a household reminder, not treatment or a reward score.

Our own routine sequence

Draw a familiar symbol or add your own picture. Start with a few useful steps. A trusted adult helps with the sequence and any personal care.

Step	Our words or picture	Help we will give
1		
2		
3		
4		
5		
6		

Just first and next

First	Next

What has changed today? _____

Use the order that fits your home. Leave out a step that does not apply, practise together and change the sheet when needed. Keep the chart and its fixings safe for the children nearby. It is not a deadline, diagnosis tool or behaviour score.