BUILT BY MOMS · FREE FAMILY PRINTABLE

Kids Morning & Bedtime Routine Checklist

A calm, practical starting point for school-day mornings and wind-down evenings. Cross off what you do, skip what you don't, and add your own family steps in the blank lines.

Name _____ **Date** _____

Morning

Start the day

- [ ] Wake up and stretch
- [ ] Use the bathroom
- [ ] Get dressed for the day
- [ ] Make the bed
- [ ] Brush teeth
- [ ] Brush or tidy hair
- [ ] Eat breakfast
- [ ] Pack your bag
- [ ] Fill your water bottle
- [ ] Put on shoes
- [ ] Hug goodbye and head out

Add your own steps

- [ ] _____
- [ ] _____

Bedtime

Wind down

- [ ] Tidy toys and backpack
- [ ] Bath or wash up
- [ ] Put on pajamas
- [ ] Brush teeth
- [ ] Fill a water bottle for morning
- [ ] Lay out tomorrow's clothes
- [ ] Story time or quiet time
- [ ] Share one good thing from today
- [ ] Lights out and goodnight

Add your own steps

- [ ] _____
- [ ] _____
- [ ] _____

Printing tips

Print in color or black and white on standard US Letter paper (8.5 x 11 inches).

For a reusable chart, laminate the page or slip it into a sheet protector, then use a dry-erase marker.

This is a free original printable from Built By Moms. Keep it for personal family use, and visit builtbymoms.com for more tools.