

Morning and Bedtime Checklists

(One family's solution for their 8-year-old twin girls)

BEFORE BED

1. choose clothes and socks
2. Sunday and Tuesday nights (for gymnastics): pack leotard
3. make sure sneakers are loosened and ready
4. pack backpack for school: folder, library books, and anything needed for school the next day

AFTER WAKING UP

1. wash face, pee
2. get dressed - socks, too!
3. refill water bottles and pack in backpack
4. eat breakfast
5. Daddy or Mama braid hair

AFTER BREAKFAST

1. gather backpack, sneakers, lunchbox and sweater or jacket in one spot
2. double-check:
 - backpack (folder, water, and leotard)
 - sneakers (loosened and next to backpack)
 - sweater or jacket (next to backpack)
 - lunchbox (next to backpack)
3. ask if there is time to read
4. when Daddy or Mama says "time for sneakers": **put your book down RIGHT AWAY and get moving!**

If you can't find your bookmark, there is NO TIME to look for one - get moving!