



REVIEW CHECKLIST

For helping my child prepare the night before

- Do I help my child pick out his clothes for the next day?
- Do I give my child choices, but limit them to two?
- Do I involve my child (the family) in preparing lunches and snacks the evening before?
- Do we set the table for breakfast in the evening?
- Do we take baths or showers and wash hair before bed?
- Do we collect and organize paperwork needed for the next day?
- Do we locate sports equipment and musical instruments that will be needed for the following day?
- Do I anticipate possible roadblocks and prepare for them?
- Do I involve the entire family to enhance their ability to organize and care for themselves?