

A FREE FAMILY ROUTINE EXPERIMENT

7-Day Calmer Mornings Challenge

Turn one stressful part of the morning into a short routine your child can see, practice, and gradually own.

The goal is not a perfect morning. The goal is one fewer reminder and one more moment of independence.

How the experiment works

1. Choose one moment

Use the morning transition that creates the most friction. Do not redesign the whole day.

2. Make 3-5 steps visible

Write actions a child can recognize and finish without guessing what 'ready' means.

3. Notice progress

Celebrate starting, returning after distraction, and needing fewer reminders - not only perfection.

4. Review after seven days

Keep what helped, simplify what did not, and ask your child what would make the routine easier.

Before Day 1: Ask your child, 'Which part of the morning feels hardest?' Their answer may be different from yours.

Build a routine your child can see

Start with three to five observable actions. Use the examples below or write your own. If a step still causes repeated confusion, make it smaller.

Example school-morning steps

☐	Get dressed
☐	Eat breakfast
☐	Brush teeth
☐	Pack the school bag
☐	Put on shoes and jacket

Our family routine

Step	What the child can do or see	Done
1		☐
2		☐
3		☐
4		☐
5		☐

Use language that makes success visible

Be good	Put your cup by the sink
Get ready	Get dressed, then check the next step
Clean your room	Put books on the shelf

Reward progress without turning it into a transaction

A reward is temporary scaffolding. It should make early progress visible, offer connection or choice, and become less important as the routine becomes familiar.

Choose one parent-approved, non-material reward

☐	Choose tonight's story
☐	Pick the music at dinner
☐	Choose the family game
☐	Plan a weekend activity
☐	Get extra outdoor or creative time
☐	Help choose Saturday breakfast

What to notice each day

Starting Did your child begin one step without being reminded?	Recovering Did they return to the routine after getting distracted?
Remembering Did they check what came next instead of asking?	Needing less help Did one familiar step require less support than yesterday?

Useful phrases

☐	"You checked what came next by yourself."
☐	"You got distracted and found your way back."
☐	"Which step would you like to make easier tomorrow?"
☐	"We are practicing, not trying to be perfect."

Seven-day family tracker

Use one row per day. A check mark means the routine was practiced - not that the morning was perfect.

Day	Practiced	Less prompting?	What became easier?	One change for tomorrow
1	☐	☐ Yes ☐ Not yet		
2	☐	☐ Yes ☐ Not yet		
3	☐	☐ Yes ☐ Not yet		
4	☐	☐ Yes ☐ Not yet		
5	☐	☐ Yes ☐ Not yet		
6	☐	☐ Yes ☐ Not yet		
7	☐	☐ Yes ☐ Not yet		

After Day 7

☐	Did we need fewer reminders?
☐	Which step became easier?
☐	Which step still needs to be smaller or clearer?
☐	What did our child say about the routine?
☐	Should we keep, change, or fade the reward?

Optional digital companion

KindSteps can hold age-aware daily routines, points, parent-approved rewards, and weekly progress in one private family space. The printable challenge works on its own; use the app only if it makes the experiment easier for your family.