

_____ 's Evening Routine



Pick up from school

___M___T___W___Th___F



Any stops?

___M___T___W___Th___F



We are HOME!

___M___T___W___Th___F



Snack/Play

___M___T___W___Th___F



Homework

___M___T___W___Th___F



Play

___M___T___W___Th___F



Set table

___M___T___W___Th___F



Dinner

___M ___T ___W ___Th ___F



**My Day
(Daddy and Mommy)**

___M ___T ___W ___Th ___F



Bath

___M ___T ___W ___Th ___F



Family Time

___M ___T ___W ___Th ___F



Reading

___M ___T ___W ___Th ___F



I love you to the Universe and Back!



“My Day” rules

Review Behavior Chart

Child is allowed to say what he feels

Discuss it and FORGET IT!

Vent to spouse and then MOVE ON!

Family Time Goals

Enjoy our time with each other.

True Interaction- (avg parent spends 33.5 minutes per week doing this...)

Positives- try to give each family member at least 2-3 positives

Eye Contact

Touch- Hugs

Positive Statements

Say “It’s ok to make a mistake!”

Let child be the helper. Spend TIME together.

It is okay to make a mistake.

He is a child!