



REVIEW CHECKLIST

For remaining realistic

- Am I able to be flexible within the morning routine I have established?
- Do I encourage flexibility in my child as well by properly preparing him for any unexpected changes in his schedule?
- Do I avoid changing assignments without warning, especially when the morning is challenging?
- Am I creative in my planning and thinking when I anticipate a difficult start to the following day?
- Do I stay focused on the present moment as much as possible?