

Oke Ajemuta Osai

# Morning & Evening Routines Pack

Simple visual schedules and gentle structure  
for calm beginnings and peaceful nights



# Introduction

Mornings and evenings are the hinges of every home.

When life feels heavy, these two moments can either unravel the day or hold it together.

After my youngest child's diagnosis, I began rewriting our mornings and nights into something slower, kinder, predictable. This pack grew from that work.

It isn't about perfection. It's about rhythm — small anchors that remind our children (and us) that peace can be planned.

Inside, you'll find:

- Visual schedules for morning and bedtime
- A sensory-friendly checklist for each child
- Space to personalise routines with pictures or stickers
- Reflection pages for you, the parent

Use them as you wish. Print, laminate, hang on doors, or slide into transparent wallets for daily use.

# Morning Routine

## A Calm Beginning

1. Wake gently — soft light, few words, no rush.
2. Toilet or nappy change.
3. Wash face / brush teeth (use picture cues if needed).
4. Get dressed — clothes laid out the night before.
5. Breakfast — familiar foods first, new tastes later.
6. Pack school bag or sensory kit.
7. Quiet moment — short prayer, breathing, or music.
8. Out the door (five-minute warning first).

### Tip! .....

• Keep the visual schedule where your child  
• first stands each morning — beside the bed  
• or near the wardrobe.



# Evening Routine

## A Peaceful Close

1. **Dinner:** one plate, two choices. Predictability is kindness.
2. **Screen-off cue** — dim lights, softer sounds.
3. **Bath or shower** — same scents, same towel.
4. Pyjamas laid out in the same place each night.
5. Story or song.
6. Chat about tomorrow ("Tomorrow we go to school / stay home").
7. Lights out, reassurance whispered rather than reasoned.

### **Note:**.....

- Autistic children often sleep more soundly
- when transition steps are identical.
- Repetition is safety, not boredom.

# Sensory Checklist

## A Comfort Inventory

- Weighted blanket or deep-pressure duvet
- Preferred pyjamas (tag-free, cotton, soft seams)
- Comfort toy or chew necklace
- Ear defenders / white-noise machine
- Night-light with warm tone
- Room temperature check
- Morning texture preferences: socks, seams, zips, collars

### How to use:.....

Tick or circle items that **soothe** rather than stimulate. Every child's list will differ.

# Parent Reflection Sheet

- What went smoothly this week?
- What triggered distress?
- Which step brought unexpected joy?
- One change to test next week

**Note:**.....

Remember, the goal is not obedience; it's  
connection

# How to Personalise

Cut or print photos of each step — your child brushing teeth, putting on shoes, reading a book — and stick them beside the list.

Label them in your own handwriting. Familiar writing and faces anchor recognition.

# **You've got this!**

**"Strength isn't silence. It's breathing again."**

You don't have to master mornings or control nights.  
You only have to return — kindly, consistently — to your family's rhythm.

For more slow, faith-coloured reflections on autism parenting and life in Canada's true north, join parents around the world navigating autism through my newsletter.

Visit [www.okeogheneajemuta.com](http://www.okeogheneajemuta.com)

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