



TEJAL V PATEL

Morning Routine



1. Go Potty



2. Change Clothes



3. Brush Teeth/ Wash Face



4. Comb Hair



5. Eat Breakfast/



6. Put in Sink



7. Wash hands/Potty



8. Mindfulness/Yoga



9. Put on Shoes/Coat



10. Sit in Carseat



For more mindful parenting tips go to
www.TejalVPatel.com

Evening Routine



1. Shoes/Socks Off



2. Shower/PJ's on



3. Mama/Me Time: 10 min



4. Playtime or TV time: 20 min



5. Eat Dinner



6. Wash hands/face



7. Clean up



8. Family Time 15 min



9. Brush



10. Potty



11. Daddy/Me Time: 10 min



12. Book/Meditation



13. Massage/Tuck In Bed 7:45