



HOUSTON ANXIETY
& WELLNESS CENTER

Routine Rescue for ADHD

5 Parent-Tested Tools for Smoother Days



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Here's what you need to know about how these routine guides can help:



For Your Child

- **Morning Victory, Not Morning Chaos** – Transform rushed, forgotten items into smooth, predictable routines
- **Homework Success Without Tears** – Watch focus improve with our ADHD-friendly timer system
- **Independence That Builds Confidence** – Visual guides that work with their brain, not against it



For You:

- **Say Goodbye to Constant Reminding** – Visual systems prompt your child without your voice becoming background noise
- **Reclaim Your Time and Energy** – Systems that run themselves after minimal setup
- **Enjoy Your Child Again** – Replace tense transitions with calm, connected moments





How to Use These Tools:

The next two pages contain sample schedules showing what these tools look like when filled out. Use these as guides to create your own family routines. Blank, customizable templates follow the examples for you to print and use immediately.

Quick Start Guide:

1. Review the examples to understand how each tool supports executive functioning
2. Print the blank templates on regular paper or cardstock.
3. Customize with your child to increase buy-in and ownership
4. Display in high-traffic areas where routines take place (bathroom, by the door, etc.)
5. Laminate or use sheet protectors so your child can check off items with dry-erase markers

Pro Tips:

- Start with just one tool rather than implementing all five at once
- Take photos of completed routines to create visual examples
- Celebrate small victories as your child begins using the tools
- Adjust and refine as you learn what works best for your family

Remember: Consistency is key! These tools work best when used daily until they become automatic routines.





Routine & Schedule Tools



Morning Routine Checklist Example*

- | | |
|---|---|
| ☐ Brush teeth and hair | ☐ Grab sports/club equipment |
| ☐ Get dressed | ☐ Put on shoes & jacket |
| ☐ Eat breakfast | ☐ Out the door! |
| ☐ Pack backpack | |



After-School Homework Timer Schedule Example

*(Use a visual timer like a Time Timer or phone alarm to help.
Also consider google home or alexa for verbal reminders.)*

3:45 PM – 4:15 PM: Homework session 1
(Set a 25-minute focus timer)

5:00 PM – 6:00 PM: Free time
(screen time, play, relax)

4:15 PM – 4:30 PM: 5-minute break
(jumping jacks, stretching)

6:00 PM – 6:30 PM: Dinner

4:30 PM – 5:00 PM: Homework session 2
(Set a 25-minute focus timer)

6:30 PM – 7:00 PM: Chores/clean-up



Evening Routine Checklist Example*

- | | |
|--|---|
| ☐ Bath or shower | ☐ Pack snacks and water bottle |
| ☐ Pajamas | ☐ Lay out tomorrow's outfit, including socks, underwear, and shoes |
| ☐ Pack homework in backpack | ☐ Bedtime Routine |
| ☐ Pack gym clothes | |

**Laminate or place your checklist in a plastic sleeve so kids can check off with a dry-erase marker!*



Planner & Reminder Tools



Launchpad Reminder Chart

(Set up a designated space by the door to avoid morning chaos!)

Backpack Ready? Yes ☐ No ☐

Lunchbox Packed? Yes ☐ No ☐

Water Bottle Filled? Yes ☐ No ☐

Special Items for the Day? Yes ☐ No ☐
(library book, sports gear, etc.)

Tip: Take a picture of a "ready-to-go" backpack and tape it here as a visual guide!



Weekend "Must-Do, Want-To-Do" Planner Example

(Helps structure unstructured time!)

Must-Do

(Chores, Homework, Errands)

1. _____
2. _____
3. _____

Want-To-Do

(Fun Activities, Playdates, Screen Time)

1. _____
2. _____
3. _____



"First, Then" Chart Example

(Great for task initiation & transitions!)

First: _____

Then: _____

Examples:

- First, finish math homework → Then, 15 minutes of screen time
- First, brush teeth → Then, bedtime story

Print and post these in visible areas! Feel free to customize them for your child's specific needs.



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Printable Blank Templates



My Morning Routine Checklist



My After-School Homework Timer Schedule



Evening Routine Checklist



Launchpad Reminders



Weekend Planner

Must-Do

1. _____
2. _____
3. _____

Want-To-Do

1. _____
2. _____
3. _____



First: _____

Then: _____



First: _____

Then: _____



Weekend Planner

Must-Do

1. _____
2. _____
3. _____

Want-To-Do

1. _____
2. _____
3. _____



Weekend Planner

Must-Do

1. _____
2. _____
3. _____

Want-To-Do

1. _____
2. _____
3. _____



Weekend Planner

Must-Do

1. _____
2. _____
3. _____

Want-To-Do

1. _____
2. _____
3. _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



First: _____

Then: _____



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therapist today!**



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