

The Customizable Morning Routine Builder

Transform chaotic mornings into calm, successful starts by understanding your child's unique brain-body profile and designing routines that work with their neurodevelopment, not against it.

Little
BRAINS
& **BODIES**

You know your child. We add the science.

Step 1: Understanding Your Child's Brain-Body Profile

Every child's brain processes the world differently. Before building your routine, discover what makes your child's nervous system thrive in the morning hours.

Sensory Processing Questions

- What sensory input helps them wake up? (light, sound, movement, touch)
- What sensory experiences overwhelm them in the morning?
- Do they need more or less sensory input to feel regulated?

Executive Function Questions

- How many steps can they manage at once?
- What time of day does their focus work best?
- What helps them remember multi-step processes?

Movement & Regulation Questions

- Do they wake up energized or sluggish?
- What movement helps them feel organized?
- How long do they need to transition between activities?

Step 2: Design Your Brain-Based Routine

Morning Activation Phase (First 15-30 minutes)

Goal: Help their nervous system come online

Choose Your Child's Wake-Up Support:

- Gradual light increase
- Favorite music or sounds
- Deep pressure (weighted blanket, tight hug)
- Movement (stretching, jumping, dancing)
- Calm sensory input (soft textures, aromatherapy)



Executive Function Scaffolding Phase

Goal: Support task management and memory

Visual Support Options

- Picture schedule showing each step
- Checklist to mark off
- Timer showing time for each activity
- Written schedule for independence

Task Breakdown Options

- One instruction at a time
- Partner with child for multi-step tasks
- Pre-organize everything the night before
- Use consistent same-order routines

Sensory and Movement Integration

Goal: Keep their nervous system regulated throughout

Movement Breaks

- Heavy work before focus tasks (carrying laundry, pushing wall)

Sensory Accommodations

- Dim lighting options

Step 3: Transition and Buffer Time

Smooth transitions are the secret ingredient to successful mornings. Build in intentional pause points that help your child's brain shift gears.

Between Each Major Activity

- 2-minute warning before transitions
- Movement break between static activities
- Deep breathing or calming strategy
- Check-in: *"How is your body feeling?"*

Before Leaving the House

- Final sensory regulation check
- Items gathered in consistent location
- Last-minute EF support (visual list of what to grab)

Remember: Buffer time isn't wasted time—it's brain development time. These moments of pause allow your child's nervous system to integrate and prepare for what's next.

Sample Morning Routines for Different Brain Designs

Here are three evidence-based morning routine templates designed for different neurological profiles. Use these as starting points and customize based on your child's unique needs.

- 1 — The Sensory-Sensitive Morning Brain**
 - **6:30 AM – Gentle Wake-Up:** Sunrise alarm, soft music, 5 minutes under weighted blanket
 - **6:45 AM – Sensory-Supported Hygiene:** Preferred shower, clothes approved the night before
 - **7:00 AM – Calm Breakfast:** Predictable food, quiet eating, fidget available
 - **7:20 AM – Organized Exit:** Visual checklist, consistent item location, 2-min buffer
- 2 — The Executive Function Support Morning**
 - **6:45 AM – Visual Routine Start:** Picture schedule visible, first task highlighted
 - **7:00 AM – One-Step Instructions:** Adult nearby, each task broken down
 - **7:15 AM – Memory Support:** Items pre-organized, final checklist, reminder of day
- 3 — The Movement-Seeking Morning Brain**
 - **6:30 AM – Movement Wake-Up:** Stretching, dancing, jumping jacks
 - **6:45 AM – Active Hygiene:** Upbeat music, movement breaks between tasks
 - **7:15 AM – Fidget-Friendly Tasks:** Standing breakfast option, stress ball, pacing while prepping

✓ **Pro Tip:** Start with one routine element at a time. Master one component before adding the next. Your child's brain needs time to build new neural pathways, and consistency is more important than perfection.