



FREE ONE-PAGE TOOL 22 | PARENTING AND FAMILY

Build a Gentle Routine

A routine can be an anchor, not a rigid rule. Keep it small enough to survive a hard day.

1 Pick one moment

Choose mornings, after school, or bedtime.

2 Make it predictable

Use one repeated action, such as a snack, song, or check-in.

3 Offer a small choice

Let your child choose between two safe options when possible.

A phrase you can borrow

"Tonight we can choose a story or sit together quietly. Either is okay."

Make it yours

One routine our family can realistically keep:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: childmind.org/guide/helping-children-cope-after-a-traumatic-event/