

News Notes To Parents

Purdue University Cooperative Extension Services, Health And Human Sciences

September 2026

Practice SUPER Morning and Bedtime Routines

Mornings and bedtime can sometimes be challenging for children and families. Creating simple, predictable routines can help children know what to expect, stay focused, and become more independent.

PBS KIDS for Parents suggests creating a visual routine chart with your child. Together, talk about the tasks they are responsible for each morning, such as getting dressed, eating breakfast, brushing their teeth, and putting on shoes. Draw simple pictures to represent each task and let your child help decorate the chart. Children can check off each task as they complete it. For a reusable chart, place it in a plastic sleeve and use a dry-erase marker.

Bedtime can be made fun with a “power down” routine. Talk about how even superheroes need to rest and recharge. As your child completes each bedtime task—such as taking a bath, putting on pajamas, brushing teeth, and reading a story—they can imagine “powering down” for the night. The goal is to make routines positive rather than rushed or overwhelming. Encourage your child as they practice and celebrate their progress. With consistency, these simple routines can help children feel more confident and in charge of their daily responsibilities.

Article adapted from: Jul 21, 2021, PBS kids for Parents

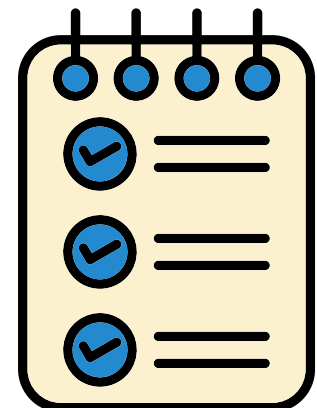
Original Author: Chelsea Foy <https://www.pbs.org/parents/crafts-and-experiments/practice-super-morning-and-bedtime-routines>

Photo Credit: Canva



Creating a check list for Bed time and Daily routines, teaches responsibility and independence.

1. Talk to your child about their morning and their responsibilities for the next day.
2. Create an interactive checklist they can understand.
3. Working through the list makes them feel more in control and can see what they accomplished.
4. Use themes that connect with your child, “Super-Hero powering down for the night”



Snacks that help your child learn, play and grow.

Children have small stomachs, so healthy snacks can help provide the nutrients and energy they need between meals. Think of snacks as mini-meals and choose foods from the five food groups.

Keep nutritious options ready to grab, such as fresh fruits and vegetables, yogurt, cheese, whole-grain crackers or cereal, milk, and peanut butter. Offer snacks about two to three hours before meals and keep portions small, allowing children to ask for more if they are still hungry.

Make snack time fun by offering colorful foods with different textures and even giving familiar foods silly names. Snacks can also help fill nutritional gaps—for example, offering carrot sticks or other vegetables if your child did not eat many vegetables at lunch.

Parents are important role models. Children often learn eating habits by watching adults, so choosing nutritious snacks yourself can encourage healthy choices.

Easy Snack Ideas

- Banana rolled in peanut butter or yogurt and crushed cereal
- Celery sticks filled with peanut butter
- Bite-sized carrots, broccoli, celery or bell peppers with a dip
- Yogurt with fruit
- Whole-grain crackers with cheese

Healthy snacks don't have to be complicated. Keep nutritious foods available, make snack time enjoyable, and let children help choose from healthy options.

Adapted from Oklahoma State University Extension, “Snacks That Help Your Child Learn, Play and Grow.”



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News Notes To Parents is a product of Purdue Extension—Wells County. If you have comments or need information, call 260-824-6412. The office is located at 1240 4-H Park Road, Bluffton, IN 46714.

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