

Action Plan

Creating a daily checklist

Creating a daily checklist helps build a healthy routine!
What small goals would you write on your daily checklist?

My daily activity checklist:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Make time for special playtime, too!

Set aside time each day for special playtime with your child. Let your child choose what and how you play. Follow their lead and let them explore! You provide a safe space to play actively, and let your child decide the rest.