 **Day & Date**

**Evening Routine**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Time**  **State the time of the action** | **Action**  **What is happening now, i.e. pyjamas, tooth brushing, tea, tv, ipad, fell asleep etc** | **Foods/Liquids** | **Behaviours**   * **How is your child responding to the action** * **Who instigated the action, i.e. child decided to watch TV, mum asked child to brush teeth** * **How long did this last** | **Environmental Issues**  **Are there any other factors, is this particular action new to routine, illness, visitors,** |
|  |  |  |  |  |