

Quick Start Guide: Morning Rhythm Cards

Dr Dewi Griffith | EarlyChildhoodEduNet

Print and Cut

Print onto heavy matte card (around 200 to 250 gsm) to keep room glare away from sensitive eyes. Cut along the faint blue dotted lines and round the corners so they feel smooth in small hands.

Display at Eye Level

Add magnetic tape for the fridge or Velcro dots for a hallway wall. Keep them low down where your child can reach and touch them easily.

Start Small

Put out just three or four cards to begin with, such as toilet, wash hands, dress, and breakfast. Introduce them on a calm afternoon when nobody is in a rush, looking through them like a picture book.

Three Simple Habits That Help

- Walk over and point gently to the card together instead of calling out from across the room.
- Hand your child the card to hold while they walk to the next job.
- Turn the card backwards or let your child drop it into a small basket when the step is done so their brain feels a clear finish line.

For our full guide on co-regulation, demand anxiety, and visual routines, visit earlychildhoodedunet.com

A quick note on safe setup:

If you laminate your cards, be sure to round off all four corners so there are no sharp edges. For display, we recommend fabric pocket charts or secure hook and loop strips rather than small adhesive magnets, which can be an ingestion risk if peeled off by curious hands. Always choose tactile counters (like taste safe playdough) suited to your child's age and stage.

