



mothers group online

Nightly

CHECK LIST (ONCE KIDS ARE IN BED)

- CHECK YOUR WEEKLY PLAN
- FILL UP DRINK BOTTLES AND PUT IN FRIDGE
- LOAD THE DISHWASHER AND SET TIMER
- PUT AWAY DINNER
- PUT AWAY TOYS AND ACTIVITIES FROM THE DAY
- WIPE DOWN SURFACES
- MAKE SURE LUNCHBOXES ARE CLEAN AND READY
- LINE UP SCHOOL BACK PACKS
- HAVE UNIFORMS AND YOUR CLOTHES OUT
- SET UP ACTIVITIES FOR KIDS AT HOME THE NEXT DAY
- MAKE A TEA BEFORE BED
- WASH YOUR FACE
- WATCH SOME TV OR READ
- CHARGE ALL ELECTRONICS
- GO TO BED KINDA EARLY BUT ONLY HAVE "MUM TIME"