

End of Day Check-In for Parents of Neurodiverse Kids

Wrap Up Work/Tasks

- Note one small win from today – yours or your child's
- Write down anything that felt challenging or unfinished
- Let go of what didn't go as planned – tomorrow is a fresh start
- Take a few deep breaths before closing your laptop or phone

Reflect on the Day

- What went well in your parenting today?
- When did you feel connected with your child?
- What moment could you handle differently next time?
- One thing you're proud of as a parent

Before Bed

- Write down any worries and mentally "put them away" for the night
- Listen to a calming song, read, or meditate

Self-Care & Wind Down

- Step away from noise and screens for 15–30 minutes
- Stretch your shoulders or take a short walk
- Hydrate or have a soothing tea
- Name three things you're grateful for today

Plan for Tomorrow

- Set one gentle intention (e.g., "I'll stay calm when mornings get busy")
- Check tomorrow's schedule or supports
- Prepare sensory tools, snacks, or visual aids if needed
- Go to bed knowing you did your best today

