

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

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

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

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*

Before Bed

- ☐ Write down any worries and mentally "put them away" for the night
- ☐ Listen to a calming song, read, or meditate
- ☐ Take three slow breaths and remind yourself: I'm doing enough.
- ☐ Lights out at a consistent bedtime

