



CO-PARENTING ROUTINE BUILDING TRACKING TOOL

This tool is intended to help you keep a running record of behaviors associated with your daily routines. For a few weeks, record the date and time and the specific actions you, your co-parent, and/or your child did as you carried out the routine. Next, note any observations or realizations you have after reflecting on what happened. This information can help you notice trends and see what's going well and what you might wish to change.

Kids thrive on structure and routines, but those routines must meet their individual needs. Is your routine working for your child? Use our tracking tool to record your child's behavior during daily routines and identify any necessary changes.

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