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Morning & Bedtime Routines Supporting Smooth Transitions During Summer



Dear Triumph ABA Parents,

Summer is full of later bedtimes, spontaneous adventures, and relaxed schedules — and while this freedom is part of what makes summer so special, it can also lead to unpredictable mornings and overtired evenings. For children with autism, that unpredictability can feel overwhelming.

Establishing consistent morning and bedtime routines during the summer helps create struc-

ture and predictability, even when the rest of the day might vary. These routines offer a sense of security and help build important self-care and independence skills — from brushing teeth to getting dressed — all while setting the tone for a smoother start and end to the day.

This month's newsletter is packed with practical tips, visual supports, and ideas to help make mornings more manageable and bedtime less of a battle — even during the sunniest, sandiest season of the year.



NEWSLETTER



Tips

Tips for a Smooth Morning Routine

1

Use a Visual Schedule: Simple pictures showing "wake up," "brush teeth," "get dressed," and "eat breakfast" can offer clarity and independence.

2

Prep the Night Before: Lay out clothing and breakfast options to reduce decision-making stress in the morning.

3

Add Movement: Incorporate a short walk, jumping jacks, or music time to help wake up the body and mind.

Tips for a Calming Bedtime Routine

1

Wind Down Early: Start with dim lights, soft voices, and screen-free time at least 30 minutes before bed.

2

Create a Comfort Ritual: A favorite book, calming scent, or sensory toy can signal "bedtime is coming."

3

Use a Consistent Sleep Cue: A song, a phrase like "It's sleepy time," or a sound machine can cue the brain to relax.

NEWSLETTER

Books

TO
CHECK
OUT

Goodnight,
Goodnight,
Construction
Site
by Sherri
Duskey Rinker

The
Going-to-Bed
Book
by Sandra
Boynton

Llama Llama
Red Pajama
by Anna
Dewdney



Quote of the month:

**Children thrive when they
know what to expect.
Routines give them a sense
of security and stability in an
ever-changing world.**

- Fred Rogers



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