FAMILY LIFE AND WELLBEING

Family Daily Routines Planner

Free download · My SEND Friend Shop

A planner for shaping family routines that can flex, including mornings, after school and weekends, without making home feel like a timetable.

A routine is a support, not a contract. Change it if it adds pressure.

Who this is for

Families who want a shared, realistic picture of the day, especially where more than one person has needs.

What is inside

- How to plan a kind routine
- A weekday overview
- A weekend overview
- A “what we will actually try” page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Routines should serve the family

Write what usually happens, then what you would like to be more predictable. Include recovery time and the needs of siblings and adults, not only the child with SEND. If a routine only works when everyone is already coping, it is too tight.

Weekdays in this house

Rough times are enough. Leave gaps.

	Morning	After school	Evening
What usually happens			
What often goes wrong			
A change we could try			
Who needs what support			

Weekends and looser days

	Saturday	Sunday
Morning		
A thing we might do		
Rest		
Evening		

What we will try for a fortnight

The two routine changes we will actually try, and how we will know if they helped

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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