

The 15-Minute Nightly Reset — Dad Checklist

Print and keep near the kitchen or charging station.
Set a 15-minute timer and run the list

- ☐ **0:00 - 4:00 Sink + Dishes:** Run/empty the dishwasher (full load OK) and clear the sink.
 - ☐ **4:00 - 6:00 Counters + Trash:** Wipe prep areas; take out trash/compost if needed.
 - ☐ **6:00 - 8:00 Clear a Path:** Pick up floor hazards along routes to bedrooms/bath/kitchen.
 - ☐ **8:00 - 10:30 Charging Corral:** Phones, tablets, watches, AAC/eye-gaze, school Chromebook, power chair.
 - ☐ **10:30 - 12:30 Tomorrow Tray:** Keys, badge, meds, school folder, AFO socks/orthotics, water bottles.
 - ☐ **12:30 - 15:00 Clothes + Backpacks:** Lay out outfits; stage backpacks; bottles in fridge.
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Optional Add-Ons (If you finish early, pick 1)

- Laundry: Start/flip one load
- Calendar Glance: Check tomorrow's top 2 items (therapy, appointments, practices).
- Quick Tidy Hotspot: 60 seconds on the messiest surface (entry table, coffee table)

Accessibility/Specialty Tweaks

- Leave ramps, doorways, and pathways fully clear.
- Confirm power chair, eye-gaze device, or AAC is charging; pack backup low-tech board.
- Stage meds/supplies for the morning; double-check refills.
- Put orthotics/braces where the morning routine starts.

