

Daily Schedule

Week Nights

Important Assumption used to create this:
Both parents are present and work 9-5ish



6:30 - 7:00 TV

7:00 - 7:15 Breakfast

7:15 - 7:45 Get Ready for the Day

7:45 - Leave home

8:00 - 4:30 Child Care

4:30 - 5:00 Free Play

(choice of location - playroom, living room, outside - mostly independent but ideally support and participation from one parent as necessary)

5:15 - 6:15 Dinner happens at some point during this time slot

6:15 - 6:25 YouTube - Videos of favorite songs (while you clean up dinner)

6:25 - 7:15 Free play (playroom with Mommy and Daddy)

7:15 Get ready for bed (earlier if its a bath night)

7:30 Bedtime

Notes:

1. There are many books available in all play areas.
2. If there will be changes to the day, tell them while you are getting ready for the day.

