

# Daily Schedule

## Weekdays



6:30 - 7:00 TV

7:00 - 7:15 Breakfast

7:15 - 7:45 TV

7:45 - 8:00 Get Ready for the Day

8:00 - 8:30 Free Play (playroom - mostly independent but support and participation as necessary)

8:30 - 8:45 Morning Meeting

8:45 - 9:30 Free Play (playroom - with 100% Mommy engagement)

9:30 - 9:45 Read Aloud

9:45 - 10:30 Outside

10:30 - 10:45 Snack

10:45 - 11:45 Free Play (living room - mostly independent but support and participation as necessary)

11:45 - 12:15 Lunch

12:15 - 12:45 Quiet Activities (books, water marker drawing, puzzles, stickers)

12:45 - 2:45 Nap (this is when I work out)

2:45 - 3:15 TV

3:15 - 3:30 Snack

3:30 - 5:15 Free Play

(choice of location - playroom, living room, outside - mostly independent but support and participation 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 we clean up dinner - only time watching phone or Ipad is allowed)

6:25 - 7:15 Free play (playroom with 100% Daddy engagement)

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 (grocery shopping, someone visiting, Daddy went out of the house to work today, etc), I tell her about it during Morning Meeting



