

DAILY SCHEDULE

5-7am

Up early for alone time & to work

7-8am

Kids up! Breakfast & independent play

8-9am

Morning activity (sensory play, activity box, toy rotation etc)

9-9:30am

Story Time

9:30-10am

Art or Cooking Project

10-11:30am

Snack & Outside

11:30-1pm

Lunch, clean up & calm down for nap

1-3pm

Nap (work) time

3-4:30pm

Snack & Outside or Afternoon Activity

4:30-5:30pm

Screen Time / Cook Dinner

5:30-7pm

Dinner, Bath, Books, Bed