

## Sample Schedule

Here's a sample schedule that you can use and modify to suit your own family's needs.

Time	Routine
6:30-7:30 a.m.	<b>Morning Routine.</b> Children get up, put on clothes, brush teeth, get themselves breakfast. Play quietly while waiting for Mom and Dad. Mom and Dad get ready at the same time.
7:30-8:00 a.m.	<b>Family Meeting.</b> Review the day ahead. What will children be doing? What will adults be doing?
8:00-11:00 a.m.	<b>Family Work Time.</b> Use our resources to prepare a “Daily Activity Plan” (or use one of our out-of-the-box samples) for your child. Go over each item on the plan and leave your child to work independently. Set the expectation that you will be working too: if she needs help, she can wait for you in the “waiting chair”. Repetition of activities from previous days is <i>fine</i> , even <i>good</i> .
11:00-11:45 a.m.	<b>Walk or Outdoor Time.</b>
11:45 a.m.-12:30 p.m.	<b>Lunch &amp; Clean-Up Routine.</b> Children lead set-up and clean-up as independently as possible
12:30-3:00 p.m.	<b>Naptime Routine or Quiet Time Routine.</b> (If your child is too old to nap, this may be a time to use some limited screen time as a “safety valve”. See our Screen Time resource for guidance.)
3:00-4:00 p.m.	<b>Family Work Time.</b> See above.
4:30-5:15 p.m.	<b>Walk or Outdoor Time.</b>
5:15-6:00 p.m.	<b>Dinner Time Routine.</b> Everyone participates in preparations and clean-up.
6:00-7:00 p.m.	<b>Family Game Time.</b> Reconnect with your child, as a reminder that after the workday is over, you are more available again.
7:00-8:00 p.m.	<b>Bath time / Storytime / Bedtime Routine.</b>