

daily routines

FOR AGE 3-5

- 7:00 Wake up / make beds & tidy room
- 8:00 Breakfast time / clean up dishes
- 8:30 Screen time
- 9:00 Free Play
- 9:30 Educational Activity (puzzles, coloring, play-doh)
- 10:30 Snack Time
- 10:45 Outside play (Raining? Westcoast Recess!)
- 11:30 Free Play (or involve in lunch prep)

- 12:00 Lunch time
- 12:30 Clean up dishes
- 1:00 Read a story /quiet activity

1:30 NAPTIME /QUIET TIME

- 3:00 Snack Time
- 3:15 Free Play
- 3:45 Outside play /outdoor activity (or screen time is an option)
- 4:30 Freeplay (until dinner; or help with dinner prep)
- 5:30 Dinner

TIME FILLERS

- Include morning/afternoon baths
- Let kids help with housework
- Set your alarm and get yourself ready in the morning (to prepare for a full day!)

free play

"Unstructured Play"

The toddler is still supervised, but is playing independently, so that the adult can do housework, etc.

A NOTE ON SCREEN TIME

Screen time should be routine, and it should be limited. If you choose to use screen time, make sure that you are consistent on start and end times. Screen time is a great reward /consequence option as well.

Remember...

This schedule will not be perfect, and each family will need to adjust as needed. Have lots of grace for yourself, our kids and your circumstances. The prayer is that this is temporary, and a 'new' normal amidst a time where circumstances change daily. You got this!