



My Family Routine

(child will be 3 years old in May)

7:30/8am Wake up and get dressed

8:30am have breakfast

9am read books/do art/pretend play

10:30 am – 12 pm adult participation tv (actively watch shows together)/outside time

12pm-12:30pm lunch

12:30pm – 3pm nap/quiet time (parents get to work)

3-3:30pm snack

3:30pm-5pm outside time (avoid the highest risk of sunburn this way)

5pm-5:30pm dinner

5:30pm-7:30pm art/pretend play/puzzles/family movie night

7:30pm bath time

8pm bedtime (kid)

11pm bedtime (adults)

Adults will alternate morning/afternoon as needed so the other can work from home.