



Sample Daily Routine

WAKE UP

- 7:30 AM Greet kids, make bed & clean-up bedrooms
- 8:00 AM Breakfast & Screen Time
- 9:00 AM Clean up / Free play
- 9:30 AM Easy Activity or School Work
- 10:30 AM Snack
- 10:45 AM Outdoor Play
- 11:15 AM Read Aloud
- 11:30 AM Free Play
- 12:00 PM Lunch
- 12:30 PM Clean up/Free Play
- 1:00 PM Nap time/ Quiet Time
- 3:00 PM Snack
- 3:15 PM Easy Activity
- 3:45 PM Outdoor Play
- 4:15 PM Read Aloud

4:30 PM Free play/Dinner prep

5:30 PM Dinner

FAMILY TIME

BATHS

STORIES BEFORE BEDTIME

BEDTIME

Helpful Tips

Set your alarm and shower before the kids wake up. Break the day into small chunks. Let the kids help with housework. Use their current school schedule as your framework.

A Note About Screen Time

Screens are a tool you may or may not use. If you choose to use screens, make ONE routine slot each day for predictability and boundaries. Aside from that one time slot, reserve screens as a parenting tool to use when you need help.

Don't Forget

Do morning or afternoon baths. Rotate puzzles, board games & art supplies as play options. Head to <https://recreation.escondido.org/tiny-tots-preschool.aspx> for more weekly activities.

Free Play

Free play is where a child is playing independent of an adult. This does not mean unsupervised. As the child plays, do adult work or chores, checking in as needed.

Quiet Time

If you have children who DO NOT nap, we recommend have a “Quiet Time” set-up during the early afternoon. For a parent, it's an important time to have as a break and you need to sit (you can adjust the length of quiet time to what feels right for you). During quiet time, your child might be playing in their room, they might be silent reading, it might be another good block for school work. You know your child. They can also do quiet activities like puzzles and blocks or practicing writing their name. This might be hard at first and it might be something you work into-every day a few more minutes than the day before. Children need time to decompress. Parents especially need this too. If it's important to you, make it a priority and set up clear boundaries.

What should you the Parent do during quiet time?

NOTHING. Take a break. Stay-at-home parenting life means life without a commute, without alone bathroom breaks, eating half meals, and being on *all the time*. It's ok to take a break. Don't worry about cleaning-you can clean at other times in the day (and it's good for kids to see this so they can appreciate how much work goes into maintaining a home).

Remember

To breathe. This is SURVIVAL MODE. It's not going to be perfect. Some days will go better than others. Do your best, cut yourself slack. You are enough. Cut the kids slack. They too are making the best of the situation. This isn't forever, it's just for now. As long as you and your kids are safe, healthy, and happy take this time to bond with your child and make great memories!