

STAY-AT-HOME SCHEDULE FOR PARENT AND KID!



7:30 AM

WAKE UP AND GET READY TO START THE DAY

8:00 AM

BREAKFAST



8:30 AM



PLAYTIME FOR KID. COFFEE AND
WORK/CHORES FOR PARENT.

10:30 AM

MORNING ACTIVITY OR OUTING - SNACK TIME
(CRAFT, LIBRARY, PLAYGROUND, ETC)



12:00 PM

LUNCH

12:30 PM



NAP TIME/QUIET TIME FOR KID.
FOCUS OR RELAXED TIME FOR PARENT.

3:30 PM

AFTERNOON ACTIVITY OR OUTING - SNACK TIME



5:00 PM

PLAY TIME FOR KIDS.
DINNER PREP OR CHORES FOR PARENT.



6:30 PM

DINNER

7:30 PM

BATH TIME



8:00 PM

STORY TIME

8:30 PM

BED TIME

