







	Time	Action	Notes
Quiet Time 			When: When kids wake up (6 – 7:30 am) <input type="checkbox"/> Diaper <input type="checkbox"/> Milk <input type="checkbox"/> TV <input type="checkbox"/> Small snack if requested (cheerios)
Breakfast 	7:30	<input type="checkbox"/> Please turn TV off <input type="checkbox"/> Grain, Fruit, Dairy Grains: toast, cereal, oatmeal, waffle, pancake Fruit: ½ banana, berries, fruit cup Dairy: yogurt, milk	
Playtime 	After Breakfast 9:00	<input type="checkbox"/> Hands/face <input type="checkbox"/> ★Brush teeth <input type="checkbox"/> Get Dressed <input type="checkbox"/> Hair <input type="checkbox"/> ★Tidy Bedroom (books on shelves, laundry in basket, clean clothes in dresser)	<input type="checkbox"/> Refill Drinks <input type="checkbox"/> Small Snack (leftover breakfast, healthy) <input type="checkbox"/> Diaper check /potty check before you leave the house <input type="checkbox"/> Bring: drinks, treat for 10:30 (goldfish, cookies), towel (to dry playground equipment), cell phone , keys. Longer trips: bring diaper/wipes. Morning Activities: backyard, park, indoor play, library, crafts, games, forts, flash cards
Lunch 	11:15	<input type="checkbox"/> ★Wash hands, put shoes/hats/coats away <input type="checkbox"/> Prepare lunch: Protein, and Vegetables (grain – optional) Lunch: 11:30 Protein: 2-3 chicken/soy nuggets, turkey, scrambled egg Vegetables: ½ avocado, lettuce, carrots, cauliflower, chickpeas, spinach/broccoli bites	
Quiet Time 		After Lunch <input type="checkbox"/> Hands/face <input type="checkbox"/> Pajamas (if necessary) <input type="checkbox"/> Diaper <input type="checkbox"/> Refill Drinks (Water for naps) <input type="checkbox"/> Dim Lights, Close blinds, Prepare Bedroom <input type="checkbox"/> TV: couch, rug or chair (no playing, running around).	
Nap Time 	12:30	<input type="checkbox"/> Goodnight rooms ("Goodnight living room, goodnight dining room", etc to bedroom) <input type="checkbox"/> Both kids to their beds at same time. They may read books quietly for a while before they sleep. <input type="checkbox"/> 2:30pm – invite back to living room if they are awake; otherwise let them sleep. Do not let them sleep past 3:30pm . <input type="checkbox"/> If one wakes up first, play quietly in living room while the other's nap continues.	