

## STAY AT HOME MOM

# DAILY SCHEDULE

■ Before 8:30 am	Eat, get dressed, brush teeth
■ 8:30 - 9:30 am	Academic time: reading & math
■ 9:30 - 10:30 am	Outside time- walk, games, play
■ 10:30 - 11:30 am	Art or building time: Paint, color, legos
■ 11:30 am - 12:00 pm	Lunch
■ 12:00 - 1:00 pm	Chore time: Fold laundry, dust, sweep
■ 1:00 - 2:00 pm	Quiet Time: Puzzles, reading, audio books
■ 3:00 - 4:00 pm	Academic Time: Electronics/movies ok
■ 4:00 - 5:00 pm	Outside time
■ 5:00 - 6:00 pm	Dinner time
■ 6:00 - 7:30 pm	Free time (tv or free play)
■ 7:30 - 8:15 pm	Bedtime Routine
■ 8:15 pm	Bedtime

