

| Time  | Mom  | Baby   | Toddler                         |
|-------|--|--|---------------------------------|
| 7:00  | Wake up<br>Feed Baby                                     | Wake up<br>Nurse                               | Wake Up<br>Free play            |
| 7:20  | Make breakfast<br>Eat                                    | Baby sits in high chair and<br>watches me cook | 'Helping' make breakfast<br>Eat |
| 8:00  | Read Book  | Read with mommy                                | Read with mommy                 |
| 8:30  | Toddler School   | Naptime  | Toddler School                  |
| 9:00  | Devotion Time  | Naptime  | Naptime                         |
| 10:30 | Nurse Baby   | Nurse  | Free play                       |
| 11:00 | Chores   | Free play                                      | Helps mommy with chores         |
| 12:00 | Make Lunch   | Continues playing                              | Free play                       |
| 12:30 | Feed Baby solids and eat                                 | Eat solids                                     | Eat                             |
| 1:00  | Clean up   | Naptime  | Clean up                        |
| 1:30  | Computer time  | Naptime  | Naptime                         |
| 2:30  | Nurse  | Nurse  | Waking up                       |
| 3:00  | Toddler activity time<br>Work on chores, house,<br>craft | Free Play                                      | Toddler Activities              |
| 4:00  | Errands  | Errands  | Errands                         |
| 5:00  | Start dinner   | Naptime  | Free play                       |
| 5:30  | Cook Dinner  | Naptime  | Clean up                        |
| 6:00  | Dinner   | Eat Solids                                     | Dinner                          |
| 7:00  | Clean Up Dinner /Bedtime<br>routine                      | Bedtime routine                                | Bedtime routine                 |
| 7:30  | Finish cleaning  | Bedtime  | Bedtime                         |
| 8:00  | Couple time  | Bedtime  | Bedtime                         |