

DAILY ROUTINE

Busy Toddler

Wake Up

7:30 am	Greet kids, clean kid 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

UNION BREAK

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

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.

Helpful Tips

Set your alarm: shower before the kids wake up

Break the day into small chunks

Let kids help with housework

Use their current school schedule as your framework

Don't forget

Do morning or afternoon baths

Rotate puzzles, board games, & art supplies as play options

Head to @busytoddler and busytoddler.com for activities

Remember

This is SURVIVAL MODE. It's not going to be perfect. Do your best. Cut yourself slack. Cut the kids slack. This isn't forever. It's just for now.

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.