

# SCHEDULE AND ROUTINE

Structure and routine are important to a child's development. Taking time to establish a new routine for your child at home can help during this time of change and uncertainty. Encourage your child's input and participation in this process. This can empower your child and give them a sense of control and inclusion. Use this schedule as basic guide and adapt it to your child and family's needs.



## Morning Routine

Brush teeth, get dressed,  
eat breakfast



## Outside Time

Ride bikes, chalk play, tag,  
hide and seek



## School Time

Reading, math,  
science experiments



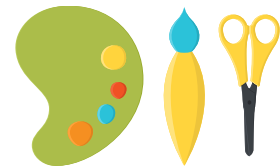
## Lunch and Rest Time

Naps or quiet time



## Social Time

Facetiming, calling,  
or texting with friends



## Creative Play Time

Painting, fort-building, crafts



## Dinner and Bedtime Routine

Brush teeth, put on PJs,  
read books or sing songs