

Daily Schedule

Keep a daily routine that works for you and your family so everyone knows what to expect. Children thrive on routines. Following a predictable routine is a helpful way for children to feel safe and know what is expected of them (e.g. washing hands before breakfast, reading a book before nap, or taking a bath or shower before bed). Routines help you and your child move confidently through the day and encourage positive behavior. At the same time, be flexible and responsive to your children’s needs. You know your child best! Find a balance of routines and flexibility that works for your family.

Things to consider when planning your daily routines

An easy way to get started is to ask yourself- “What are the things we do every day?” Here is an example of what a schedule at home may look like:

Morning	Wake up routine Breakfast Reading time Play
Afternoon	Lunch Quiet time Music and movement Play
Evening	Dinner A walk outside Bedtime routine

Take time to remind your child of a few important things everyday

- They are safe
- Where they will be that day
- Who will be taking care of them that day
- When they can expect to see you again (i.e., “I will see you after snack this afternoon.”)