

BABY ROUTINE

RHYTHM OF THE DAILY ROUTINE

WAKE UP + NURSE/BOTTLES

BREAKFAST - SOLIDS

MORNING NAP

WAKE UP + NURSE/BOTTLE

LUNCHTIME - SOLIDS

AFTERNOON NAP

WAKE UP + NURSE/BOTTLES + SOLIDS

PLAYTIME

Tip: Try to get outside for playtime or a walk. Fresh air and sunshine is proven to help kids sleep better

QUICK CAT NAP

WAKE UP + NURSE/BOTTLES

DINNERTIME - SOLIDS

BATH TIME & BEGIN BEDTIME ROUTINE

This may include bath time, pajamas, reading a book, and snuggling

BEDTIME ROUTINE FINISHED + NURSE/FEED + LIGHTS OUT

Tip: A consistent routine is essential for peaceful bedtimes & better sleep

TODDLER ROUTINE

RHYTHM OF THE DAILY ROUTINE

WAKE UP

GET DRESSED, HAVE BREAKFAST

Tip: Have a basket of toys or a designated play area near the kitchen while you make breakfast

PLAYTIME

This is a great time for independent playtime in their room or a play area

SNACK & CONTINUE PLAYTIME

Go to the park, have a playdate, or organized activity

PREPARE LUNCH

LUNCHTIME

NAPTIME

Tip: Naptime should be 2 - 2.5 hours.

Mom: This is a great time to catch up on house chores but also do something for yourself that you enjoy and to relax

SNACK & PLAYTIME

BEGIN PREPARING DINNER

Tip: Teach your kids to Play Independently for 20-30 Minutes while you make dinner

EAT DINNER

BATH TIME & BEGIN BEDTIME ROUTINE

This may include bath time, pajamas, reading a book, and snuggling

BEDTIME ROUTINE FINISHED & KIDS IN BED

Tip: A consistent routine is essential for peaceful bedtimes & better sleep

PRESCHOOLER ROUTINE

RHYTHM OF THE DAILY ROUTINE

WAKE UP.

Get dressed, make beds, play, have breakfast.

PLAYTIME

Include time for Independent Playtime (aim for 30 minutes)

SNACK & PLAYTIME CONTINUES

Go to the park, have a playdate, or organized activity

PREPARE LUNCH

LUNCHTIME

QUIET TIME

Tip: Quiet Time & Low-Energy Playing is 60 - 90 minutes long. If your child is having quiet time in their room or a play space, make sure the space includes low-energy and brain building activities such as books, building toys like legos, blocks, and items that involve creativity and imagination

SNACK

PLAYTIME

Tip: Try to get outside, weather permitting. Fresh Air and Sunshine are proven to help make better sleepers and this is great time to expend energy before it gets dark and they have to come inside

BEGIN PREPARING DINNER & INDEPENDENT PLAYTIME

DINNERTIME

BEGIN BEDTIME ROUTINE

KIDS IN BED + LIGHTS OUT

Tip: Have a consistent routine for more peaceful bedtimes and better sleep