

### Sample Family Routine for Families with Children 1-5 Years Old

Time	Activity	Child Activity	Parent Activity
Before 8 AM	Prepare for the day	<ul style="list-style-type: none"> <li>Sleep</li> </ul>	<ul style="list-style-type: none"> <li>Get yourself ready (e.g., shower, get dressed, etc.)</li> <li>Lay out: choices of clothes for child, breakfast items and craft items</li> <li>Self-care<sup>1</sup>, work, other adult tasks</li> </ul>
8-9 AM <sup>2</sup>	Wake up	<ul style="list-style-type: none"> <li>Eat breakfast</li> <li>Get dressed</li> <li>Brush teeth</li> <li>Tidy-up</li> </ul>	<ul style="list-style-type: none"> <li>Eat breakfast</li> <li>Clear table</li> <li>Talk about day's schedule</li> </ul>
9-9:30 AM	Creative time	Color, finger paint, make cards, etc.	<ul style="list-style-type: none"> <li>Parallel play</li> <li>Work, including housework, as necessary</li> </ul>
9:30-10:15 AM	Outdoor play or indoor active time	Walk, kick ball, play hop-scotch, do jumping jacks, tummy time, etc.	Get some exercise and work, as needed, while supervising activity
10:15-10:30 AM	Snack time	<ul style="list-style-type: none"> <li>Wash hands (sing birthday song twice)</li> <li>Eat healthy snack (Fruit, cheese, crackers, granola bar, water, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Wash hands</li> <li>Eat snack</li> <li>Get work and other tasks done</li> </ul>
10:30-11:30 AM	Independent play	<ul style="list-style-type: none"> <li>Legos, games</li> <li>Age-appropriate screen time<sup>3</sup> (video chat with family--Messenger, FaceTime, Google Duo, Skype, WhatsApp, online learning, favorite cartoon, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Needed tasks in the home or work, calls, pay bills, etc.</li> <li>Prepare lunch (consider including child in preparing food)</li> </ul>
11:30 AM -12:00 PM	Pick-up & wash hands	<ul style="list-style-type: none"> <li>Put toys away</li> <li>Wash hands</li> <li>Set table</li> <li>Put food on table</li> </ul>	<ul style="list-style-type: none"> <li>Pick-up house</li> <li>Wash hands</li> <li>Set table and serve food with child's help</li> </ul>
12-12:30 PM	Lunch	<ul style="list-style-type: none"> <li>Offer variety of items that child likes and new items</li> </ul>	<ul style="list-style-type: none"> <li>Eat with your child</li> </ul>
12:30-1:30 PM	Story time and relax	<ul style="list-style-type: none"> <li>Read stories</li> <li>Snuggle time</li> </ul>	<ul style="list-style-type: none"> <li>Read with child or play stories from Storyline Online</li> <li>Snuggle time</li> </ul>
1:30- 3:30 PM	Quiet time	<ul style="list-style-type: none"> <li>Nap (if appropriate)</li> <li>Quiet time for kids who do not nap (read, screen time, quiet games, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Needed tasks for work/home</li> <li>Clean commonly touched surfaces (door knobs, faucets, toilets, etc.)</li> <li>Talk to a friend</li> <li>Self-care</li> </ul>

<sup>1</sup> Self-care includes anything that you need to do for you-- journaling, bath, meditation, reading a book, movie, yoga, drinking coffee/tea, talking with other adults, etc.

<sup>2</sup> Adjust times for when your child normally wakes up and goes to bed.

<sup>3</sup> Common free programs include FaceTime (on iPhones), Google Duo (available for Android phones), Messenger (Facebook app), WhatsApp, Skype (web-based).

3:30-3:45 PM	Snack time	<ul style="list-style-type: none"> <li>Wash hands (sing birthday song twice)</li> <li>Eat healthy snack (Fruit, cheese, crackers, granola bar, water, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Wash hands</li> <li>Eat snack</li> <li>Get work and other tasks done</li> </ul>
3:45-5:00 PM	Active time	<ul style="list-style-type: none"> <li>Walk</li> <li>Kick balls</li> <li>Dance</li> <li>Play hop-scotch</li> </ul>	<ul style="list-style-type: none"> <li>Put on music</li> <li>Play with kid(s)</li> <li>Plan dinner</li> </ul>
5:00-5:30 PM	Dinner Prep	<ul style="list-style-type: none"> <li>Wash hands</li> <li>Set table</li> <li>Carry light food items</li> <li>Eat together as a family</li> <li>Help clear table</li> </ul>	<ul style="list-style-type: none"> <li>Wash hands</li> <li>Finish preparing dinner (with kids)</li> <li>Set table</li> <li>Eat together</li> </ul>
5:30-6:00 PM	Independent Play	<ul style="list-style-type: none"> <li>Legos, games</li> <li>Age-appropriate screen time (video chat with family<sup>3</sup>, online learning<sup>4</sup>, favorite cartoon, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Clean-up from dinner</li> <li>Work or other tasks as needed</li> </ul>
6:00-6:30 PM	Family Active Time	<ul style="list-style-type: none"> <li>Extra play will burn off any extra energy leftover from the day</li> </ul>	<ul style="list-style-type: none"> <li>Getting everyone outside relieves stress and strengthens our bodies and immune systems</li> <li>Bring hand sanitizer to use if touching common surfaces or interacting with other people while outdoors</li> <li>Stay active indoors by having a family dance-off, running in place, jumping jacks, pushups, and crunches. Can use attached area like a deck or porch.</li> </ul>
6:30-6:45 PM	House pick-up	<ul style="list-style-type: none"> <li>Pick-up toys</li> <li>Help, as able, with other tasks</li> </ul>	<ul style="list-style-type: none"> <li>Clean common surfaces</li> <li>Pick-up and clean as needed</li> <li>Prepare bath and bedtime items</li> </ul>
6:45-7:30 PM	Bedtime preparations	<ul style="list-style-type: none"> <li>Baths</li> <li>Pajamas</li> <li>Brush teeth</li> <li>Read story/sing</li> </ul>	<ul style="list-style-type: none"> <li>Help with bedtime routine</li> </ul>
8:00 PM <sup>2</sup>	Bedtime	<ul style="list-style-type: none"> <li>Sleep</li> </ul>	<ul style="list-style-type: none"> <li>Self-care</li> <li>Adult tasks</li> <li>Make plan for next day's activities</li> </ul>

Wash hands throughout the day as you change activities, use the restroom, come in from outside, and before eating. Hand sanitizer or hand washing for 20+ seconds will both kill the coronavirus and other germs if done correctly.

***Parents should modify their schedule based on local recommendations by health officials and their family practices.***

<sup>4</sup> Right now, there are a large number of resources available online for free in addition to your child's favorite cartoons. You can google lists of these resources, and we will be sending out lists of materials each week to share with your family.