

STRUCTURE, ROUTINE and a BALANCED day

Kids in school and childcare are used to having a daily schedule so maintaining consistency and structure is important. This can also be helpful in increasing their cooperation, reducing stress (for everyone) and limiting power trips/arguments.

Tips for implementing a daily schedule:

- Make sure there is BALANCE between inactivity and activity, academic time and play time. Allow for some time on screens but also schedule time to be creative or go outside. At school kids have time to play, move and socialize regularly!
- Have your kids help you come up with a daily schedule to increase their willingness to participate. Figure out what your non-negotiable things are (such as bedtimes, academics) and let your kids come up with some ideas.
- Use language like First this, then that. This helps reduce arguments by letting kids know that they will get the time to play. Example: First we will complete our math homework, then we can play video games.

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry