

SCHEDULE

A PRACTICAL GUIDE FOR PARENTS AND FAMILIES TRYING TO KEEP ROUTINES, SCHEDULES, AND SANITY WHILE AT HOME TOGETHER.



## THE POINT?

As a parent, you probably are finding it a challenge to manage everything going on at home right now. And you're not alone. Transitions and change are never easy, especially when nearly everything falls on your plate! But when you create an easy-to-follow schedule for you, your kiddos, and your family, it can help turn the chaos into calm.

## SOME TIPS & TRICKS

First of all, not every kind of schedule will work for everyone. That's why we've created a few different styles to fit your family's needs! Be patient with the process of finding which works best for you. Also know that it's okay to get off schedule! This kind of change hits hard on everyone, so your kids might not cooperate and you might be exhausted, but try to remember to take it one day at a time.

## IDEAS TO INCLUDE ON YOUR SCHEDULE:

play • school work • snack or meal breaks

outside play • creative blocks • quiet time • screen time

video call a friend/family member • reading time

exercise • independent play or work

cleaning or chores • family play • watch a family movie

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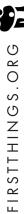
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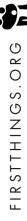
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QUICK TIP: Maybe you want a little more structure? Set tasks/goals for every section of every day for each person in your family, then hold each other accountable for that task!





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8 P M							
9 P M							
10PM							



QUICK TIP: You can use this for your whole family or print one out per family member! While this seems much more strict, strong structure could be just what your family needs to thrive right now.

NAME NAME															
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	8 A M	9 A M	10AM	11 A M	12 P M	1 P M	2 P M	3 P M	4 P M	5 P M	6 P M	7 P M	8 P M	9 P M	10PM

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