



OUR FAMILY  
**SCHEDULE**

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



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# SO, WHAT'S 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

	NAME	NAME	NAME	NAME
MON	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
TUES	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
WED	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
THUR	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
FRI	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
SAT	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
SUN	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.

**QUICK TIP:** If you're not so sure about creating a strict schedule for your family, at least making a few big-picture goals for each day is a great way to feel accomplished without becoming overwhelmed!



	SUN	MON	TUES	WED	THUR	FRI	SAT
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							

**QUICK TIP:** Fill in the activities that need to get done every day, then write each person's name once they've finished it for that day! It's a great way to keep accountability without being too strict.

	NAME	NAME	NAME	NAME	NAME
EARLY MORNING	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
LATE MORNING	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
MIDDAY	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
EARLY AFTERNOON	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
LATE AFTERNOON	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
EVENING	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
NIGHT	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
LATE NIGHT	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.

**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!



	SUN	MON	TUES	WED	THUR	FRI	SAT
EARLY MORNING							
LATE MORNING							
MIDDAY							
EARLY AFTER-NOON							
LATE AFTER-NOON							
EVENING							
NIGHT							
LATE NIGHT							

**QUICK TIP:** Want everyone operating on the same schedule? This is a great way to lay out goals for the whole family while still remaining flexible! Jot down a few ideas per timeframe.

	SUN	MON	TUES	WED	THUR	FRI	SAT
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

**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.



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

**QUICK TIP:** This one is just like the schedule before, but this time every family member is on one page. Use this to encourage each other in staying on task and getting goals accomplished!