

# DAILY STAY-AT-HOME MOM *schedule*

**Before 8:30** Eat, get dressed, brush teeth

**8:30-9:30** Academic Time: Reading & Math

**9:30-10:30** Outside Time - Walk, games, play)

**10:30-11:30** Art or Building Time: Paint, color, legos

**11:30-12:00** Lunch

**12:00-1:30** Chore time: Fold laundry, dust, sweep

**1:00-2:00** Quiet Time: puzzles, reading, audio books

**3:00-4:00** Academic Time: electronics/movies ok

**4:00-5:00** Outside Time

**5:00-6:00** Dinner Time

**6:00--7:30** Free Time (tv or free play)

**7:30-8:15** Bedtime Routine

**8:15** Bedtime