

Sample Child Care Schedule:

- 7:30 am – 12:00 pm – One parent or Adult Watches Child
- 12:00 pm – Lunch For All
- 1:00 pm – 3:00 pm – Child Naps (maybe we do too)
- After 3:00 pm – Another Parent or Adult watches Child

Actual Sample Schedule for My Son:

- 7:00 am – Wake Up
- 7:30 am – Breakfast
- 8:00 am – Free Play
- 11:00 am – Outdoor Time
- 12:00 pm – Wash up and Lunch
- 1:00 pm – Nap
- 3:00 pm – Snack
- 4:00 pm – Outdoor Time
- 6:00 pm – Dinner
- 7:00 pm – Bath
- 7:30 pm – Read Books
- 8:00 pm – Bed*

*If we are lucky...it usually turns into many temper tantrums...and hopefully he is sleeping by 10. 😊