



SUGGESTED DAILY

TODDLER WORK SCHEDULE

MORNING



Wake up and assist in making bed, toilet/ diaper change. Wash hands, brush teeth and have breakfast with your child, eat and clean up.



Rotate through language and math activities one at time for an hour. Have a few activities layed out for your children to choose from. Make time for a washroom break.



Arts and crafts projects/ Music lessons, read stories, sing songs, paint and colour, listen to music, dance.



Mid-morning snack- Children wash hands, help set the table, prepare snack, eat snack and help clean up from snack.

LUNCH



Gross motor/Outdoor time, go on a walk, play in the backyard, jump, climb, hop, run, Soccer Shots Videos,



Wash hands for lunch. Help set table, prep lunch, eat and clean up lunch.



Get ready for a 2 hour nap.

AFTERNOON



Wake up from nap, use washroom and wash hands.



Read a story and listen to gentle music.



Afternoon snack, wash hands, help to prepare snack, set the table, eat snack and clean up from snack.



Gross motor play/Outdoor Play (if possible), yoga, colouring,