



# DAILY SCHEDULE

## SUGGESTED AGES 2-4

It's important to keep your child on a routine while they are home from school or daycare. A school day offers children a set routine they can count on. Try this at home to bring the stability they are used to having.

### SCHEDULE FOR 2-4 YRS OLD

#### 9:00 - 10:00 AM

- Wake Up
- Breakfast and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink
- Brush Teeth
- Get Dressed

#### 10:00 - 11:00 AM

- Educational Activity
  - Ages 2-3:  
[learning4kids.net/category/2-3years](https://learning4kids.net/category/2-3years)
  - Ages 3-4:  
[learning4kids.net/category/3-4years](https://learning4kids.net/category/3-4years)

#### 11:00 AM - 12:00 PM

- Creative Play (See above links)

#### 12:00 - 1:00 PM

- Lunch and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink

#### 1:00 - 3:30 PM

- Nap Time

#### 3:30 - 4:30 PM

- Outside Play:  
[zerotothree.org/resources/169-play-activities-for-24-to-36-months#chapter-120](https://zerotothree.org/resources/169-play-activities-for-24-to-36-months#chapter-120)
  - Frogs on a Lily Pad
  - Soaking Up Sponge Fun
  - Shadow Shapes
  - Marching Band

#### 4:30 - 6:00 PM

- Quiet Play:  
[zerotothree.org/resources/169-play-activities-for-24-to-36-months#chapter-120](https://zerotothree.org/resources/169-play-activities-for-24-to-36-months#chapter-120)
  - Match It Up
  - Birthday Party for Teddy
  - Painter Extraordinaire
  - I'm Puzzled

#### 6:00 - 7:00 PM

- Dinner and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink

#### 7:00 - 8:00 PM

- Wash Up for Bedtime
  - Bath time
  - Put on pajamas
  - Brush teeth

#### 8:00 - 9:00 PM

- Bedtime Routines
  - Read your child a story, give them two choices
  - Sing a song to your child, give them two choices
- Sleep

