

Summer Schedule for Toddlers

**7 AM -
8 AM**

Wake Up, MORNING ROUTINE, Morning Walk - this is a great time to set the tone for your day.

**9 AM -
11 AM**

Summer Outing! It doesn't have to be anything fancy. It could just be a trip to the local Pet Store. The key is, get out of the house!

**11 AM -
12 PM**

Independent Play- this is a great tool for kids to have. Also, a great time for them to use their imagination.

**12 PM -
1 PM**

Lunch, MEAL TIME ROUTINE, then move to Nap and NAP TIME ROUTINE. Routines will save you!

**3 PM -
5 PM**

After nap snack, TV Time (30ish minutes), then move into an hour of outdoor play (when it's cooler)

**5 PM -
7 PM**

Dinner, MEAL TIME ROUTINE, family play time

**7 PM -
8 PM**

BED TIME ROUTINE, time for bed! This can give or take 30 minutes or so.