

Toddler Daily Routine (18 months - 3 years)



7:30am	WAKE TIME
8:00am	BREAKFAST
8:30am	GET READY/CLEAN UP (NORMALLY PUT A SHOW ON WHILE I GET IT TOGETHER)
9:30am	ERRAND/ACTIVITY
10:15am	SNACK TIME (MAKE SURE I HAVE A SNACK HANDY IF WE'RE OUT & ABOUT)
11:30am	LUNCH PREP/WIND DOWN TIME
12:00pm	LUNCH TIME
12:20pm	RETURN TO WIND DOWN TIME
12:45pm to 3:45pm	NAP TIME
4:00pm	HEALTHY SNACK
4:30pm	PLAY TIME/ACTIVITY/OUTSIDE PLAY
5:45pm	DINNER
6:30pm	FAMILY ACTIVITY/OUTSIDE PLAY
8:00pm	BEDTIME ROUTINES (BATH, BRUSH TEETH & BOOK)
8:30pm	BEDTIME