



Summer Schedule

to keep Mom and kiddos sane!

<https://lisastwoocentsblog.com/>



MOM TIME

5:00 am - 7:15 am

Wake up, pray, quiet time, read – get my stuff done

KIDS START WAKING

7:00 am - 8:30 am

Quiet play, breakfast & TV

MORNING ROUTINE

8:30 am - 9:00 am

Get dressed, brush teeth, tidy room

OUT OF THE HOUSE

9:15 am - 11:30 am
morning snack around 10 am

Playing outside, going somewhere, play dates or errands

PREP/EAT LUNCH

11:45 pm - 12:45pm

Wash up, make and eat lunch

WORKBOOK ACTIVITY

1:00 pm - 1:30 pm

Complete workbook pages

REST/ FREE PLAY

1:30 pm - 5:00 pm
afternoon snack around 3 pm

Tommy nap, kiddos free to do whatever

PREP/EAT DINNER

5:00 pm - 6:30 pm

Cook and eat dinner – kids can rest or play

FAMILY ACTIVITY

6:30 pm - 8:00 pm

Swim, family walk, ice cream, family game

BED TIME ROUTINE

8:00 pm - 8:45 pm

Baths, Brush teeth, PJs, watch a show to unwind

GOODNIGHT KIDDOS!

9:00 pm

Bedtime give or take a few minutes – can read story

PARENT TIME

9:15 pm - 10:15 pm

Tidy up, watch a show, read & goodnight!

