

Sample Toddler Schedule

- 7:00 a.m - Wake up, go potty and wash hands
- 7:15 a.m - Enjoy breakfast together at the table
- 7:45 a.m - Get dressed for the day, read books
- 8:30 a.m. - Playtime
- 9:45 a.m. - Go potty and wash hands
- 10:00 a.m - Eat a morning snack and have lots of snuggles
- 10:30 a.m - Watch an educational morning show
- 11:00 a.m. - Draw or do crafts
- 11:45 a.m. - Go potty and wash hands
- 12:00 p.m. - Eat lunch
- 12:45 p.m - Head outside to play (or switch this to the morning hours during the hot days)
- 1:45 p.m - Come inside for quiet time, clean up to get ready for a nap
- 2:00 p.m. - Nap
- 4:00 p.m. - Wake up, go potty, wash hands, have some snacks
- 4:45 p.m. - Time for some physical activities again
- 5:45 p.m. - Watch some educational shows
- 6:45 p.m. - Get ready for supper
- 7:00 p.m. - Suppertime
- 7:30 p.m. - Bedtime routine (bathing, brushing teeth, reading bedtime books, etc.)
- 8:00 p.m. - Sleep