

## “Working from Home: Routines that Work with Young Children”

### Basic Schedule for Young Children

Young children thrive with a consistent schedule. The predictability helps them feel safe and secure. Use this basic schedule to start thinking about the order of routines in your home during ‘working hours.’ Allow the times of day to flex a bit; children benefit when the order of routines stays the same. They think about what’s next, not about what time the routine happens.

Start your day with a routine that connects and refuels you both: no screens! Lots of hugs, smiles, songs. Build positive routines for transitions, too!

#### In the morning...

- Breakfast and CONNECT
- Free, independent play
- Morning snack
- Outside time

#### In the afternoon...

- Lunch
- Story time and CONNECT
- Nap
- Afternoon snack and CONNECT
- Free, independent play

