

DAILY ROUTINE IDEAS

TODDLER (1 – 3 YEARS OLD)

06:00	Wake up, play in their cot or parent's bed
06:30	Bath time, brush teeth and dress
07:15	Breakfast and clean up (morning music playing)
08:00	Read books and carpet play
09:00	Outdoor activity (weather allowing)
10:00	Mid-morning snack
10:45	Arts and crafts or sensory play
12:00	Lunch and clean up
12:45	Nap time
14:00	Child-driven carpet play (blocks and toys)
14:45	Afternoon snack and clean up
15:30	TV time (educational cartoons and or music)
16:30	Bath time and pajamas
17:15	Dinner **
18:00	Brush teeth and bedtime story **
18:40	Bedtime **
21:00	Toilet run or diaper check **

- ** Dinner: During this time, wind your toddler down by reducing TV volume and using dim or minimal light in the room they are eating in. A change in the light will allow their little brains to prepare for bedtime.
- ** Bedtime story: Keep the lights and surrounding sounds soft. Bedtime stories can be exciting but told in a soft intimate way using dim light as the child is in their bed or your lap in the bedroom. Ensure the bathroom light is also turned down during teeth brushing.
- ** Bedtime: Your child may need you to sit in the room and sing softly to them until they drift off to sleep. If this is possible, please do it. It gives your child security and allows them to drift off to sleep more peacefully. An investment in a white noise machine for your toddler's room is one you won't regret. This sound keeps external noise from disturbing the little one and provides comfort when utter silence can seem scary.
- ** Toilet run: Do not turn bedroom or bathroom lights on as you do this. Use your phone light or a nightlight that isn't very bright and take your toddler back to bed right after.



PURPOSEFUL PARENTING

DAILY ROUTINE IDEAS

PRE-SCHOOLER (4 - 5 YEARS OLD) ---- WEEKENDS AND HOLIDAYS

06:00	Wake up, free play in their bedroom or living room (morning music playing)
06:30	Bath time, brush teeth and dress (morning music playing)
07:15	Breakfast and clean up (morning music playing)
08:00	TV time (approved cartoons)
09:00	Indoor play
10:00	Mid-morning snack
10:45	Music and dance or reading, colouring and crafts
12:00	Lunch and clean up
12:45	Nap time (If they still nap. Most 4-year-olds won't need a nap at this time)
14:00	Supervised outdoor play
15:00	Afternoon snack and TV time (approved cartoons)
16:00	Bath time and pajamas
16:30	Homework/daily reading
17:15	Dinner **
18:00	Brush teeth, memory verse and bedtime story **
18:40	Bedtime **
21:00	Toilet run **

** Dinner: During this time, wind your toddler down by reducing TV volume and using dim or minimal light in the room they are eating in. A change in the light will allow their little brains to prepare for bedtime.

** Bedtime story: Keep the lights and surrounding sounds soft. Bedtime stories can be exciting but told in a soft intimate way using dim light as the child is in their bed or your lap in the bedroom. Ensure the bathroom light is also turned down during teeth brushing.

** Bedtime: Your child may need you to stay in the room until they drift off to sleep. If this is possible, please do it. It gives your child security and allows them to drift off to sleep more peacefully. An investment in a white noise machine for your toddler's room is one you won't regret. This sound keeps external noise from disturbing the little one and provides comfort when utter silence can seem scary. **Avoiding naps during the day is crucial to maintaining this bedtime.**

** Toilet run: Do not turn bedroom or bathroom lights on as you do this. Use your phone light or a nightlight that isn't very bright and take your toddler back to bed right after.



PURPOSEFUL PARENTING

DAILY ROUTINE IDEAS

GRADE SCHOOLERS (6 – 9 YEARS OLD)

05:45	Wake up and make their beds - (morning music playing)
06:00	Bath time, brush teeth and dress - (morning music playing)
06:30	Breakfast - (morning music playing)
07:00	Leave for school
16:00	As below from 16:00 onwards

Weekends and holidays

08:00	Breakfast and Chores
09:00	TV time (approved cartoons)
10:00	Mid-morning snack
10:15	Indoor play: Music and dance or reading, colouring and crafts
12:00	Lunch and clean up
13:00	TV time (approved cartoons)
14:00	Supervised outdoor play
15:00	Afternoon snack and supervised outdoor play continued
16:00	Bath time
16:30	Homework/daily reading
17:15	Dinner
18:00	Brush teeth, memory verse and bedtime story **
18:40	Bedtime **
21:00	Toilet run **

** Bedtime story: Keep the lights and surrounding sounds soft. Bedtime stories can be exciting but told in a soft intimate way using dim light as your child is in their bed. Ensure the bathroom light is also turned down during teeth brushing. Make this a special time your child will cherish.

** Bedtime: Your child may still need you to sit in the room they drift off to sleep. Reminding them that you are there in case they need to talk about anything is an important habit to start. Before bed, children tend to want to recap their day. Information gems may be dropped during this time. Don't miss out on the opportunity. You may continue with the use of their white noise machine.

** Toilet run: Help with a middle-of-the-night bathroom run may still be needed. Maintain low light during this time.



PURPOSEFUL PARENTING

DAILY ROUTINE IDEAS

TWEENS (10 – 12 YEARS OLD)

05:30	Wake up and make their beds - (morning music playing)
05:45	Bath time, brush teeth and dress - (morning music playing)
06:15	Breakfast and pack lunch boxes - (morning music playing)
07:00	Leave for school
16:30	Bath time
17:15	Homework and daily reading
18:30	Help prepare for dinner (making the salad, setting the table)
19:00	Dinner and clean up
20:00	Nighttime Reading **
20:45	Memory verse and bedtime

Weekends and holidays

08:00	Breakfast and clean up (morning music playing)
09:00	Chores (morning music playing)
10:00	Mid-morning snack
10:15	Extracurricular activity or quiet reading
12:30	Lunch and clean up
13:30	Outdoor play
15:00	Afternoon snack and homework
16:00	Electronic time (approved shows and or games)
17:45	Bath time
18:30	Help prepare for dinner (making the salad, setting the table)
19:00	Dinner and clean up
20:00	Reading **
20:45	Memory verse and bedtime

** Nighttime Reading: Reading aloud to your tweens is still extremely beneficial for their development. Even though they can now read on their own, studies have shown that this practice helps build their vocabulary, reading and listening skills, and academic performance and boosts their self-esteem.