SCHEDULE AND ROUTINE

Structure and routine are important to a child’s development. Taking time to establish a new routine for your child at home can help during this time of change and uncertainty. Encourage your child’s input and participation in this process. This can empower your child and give them a sense of control and inclusion. Use this schedule as basic guide and adapt it to your child and family’s needs.

**Morning Routine**
Brush teeth, get dressed, eat breakfast

**Outside Time**
Ride bikes, chalk play, tag, hide and seek

**School Time**
Reading, math, science experiments

**Lunch and Rest Time**
Naps or quiet time

**Social Time**
Facetiming, calling, or texting with friends

**Creative Play Time**
Painting, fort-building, crafts

**Dinner and Bedtime Routine**
Brush teeth, put on PJs, read books or sing songs

To learn more about how to prevent the spread of COVID-19, please visit: www.OUMedicine.com/COVID/children