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Daily Schedule for Toddlers

7:00 am	Wake up, play in bed quietly, diaper change, potty try
7:30 – 8:00	Breakfast
8:00 – 8:45	Free Play: Quiet choices (books, figures, puzzles, stuffed animals)
8:45 – 9:00	Get dressed, brush hair and brush teeth
9:00 – 10:00	Outside adventure (nice weather). Get moving w/ music, dancing, video
10:00 - 10:30	Snack (offer two choices)
10:30 – 11:30	Art (paint, color, playdough, project)
11:30 -12:00	Rest and a show
12:00- 12:45	Lunchtime
12:45 – 3:00	Story and naptime
3:00 – 3:30	Snack (two choices)
3:30 – 4:30	Free play indoors or outside
4:30 – 5:30	Books, puzzles, short education show
5:30 – 6:15	Dinnertime
6:15 – 7:00	Playtime or evening walk
7:00 – 7:30	Bath time or wash up
7:30 – 8:00	Story and bedtime