

Recommended Daily Schedule

2 year old children

6:30-7:30 a.m.	Wake Up
7:30-8:00 a.m.	Breakfast
8:00-8:30 a.m.	Get Dressed/Morning Hygiene
8:30-10:30 a.m.	Play Time, Outdoor Time, Socialization with Peers
10:30 a.m. -12:00 p.m.	Outing: library, classes, errands
12:00 to 1:00 pm	Lunch and Books
1:00- 3:00 pm	Nap or Quiet Time
3:00-3:30 pm	Afternoon Snack
3:30-5:00 pm	Free Play: Follow Your Child's Lead
5:00-5:30 pm	Independent (Supervised) Book Reading or Music Time
5:30-6:30 pm	Dinner with Family
6:30-8:00 pm	Family Routines/ Nighttime Routine
8:00-8:30 pm	Bedtime Routines/Book Reading
8:30 pm	Lights Out



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