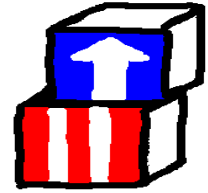




Community Service Programs of West Alabama, Inc.  
Head Start/Early Head Start

## At Home Daily Schedule



We know that this is a challenging time but it is very important that children keep a consistent schedule. We want all children to be prepared for the upcoming school term. This schedule is recommended but not required.

**7:30 – 8:30**

Morning/Hygiene Routine & Breakfast

**8:30 – 9:30**

Educational Activities

**9:30 – 10:00**

Snack

**10:00 – 11:00**

Free Play or Outdoor Play

**11:00 – 12:00**

Lunch

**12:00 – 1:00**

Rest or Quiet Time

**1:00 – 2:00**

Educational Activities

**2:00 – 2:30**

Snack

**2:30 – 3:00**

Summary of the Day

### Breakfast, Lunch, and Snack

Allow your child to assist in preparing meals. Discuss with him/her facts about what you are eating.

### Morning/Hygiene Routine

Your child should clean his/her room, help with chores, brush teeth, wash face, and get dressed.

### Educational Activities

These activities can include but are not limited to coloring, writing, puzzles, painting, art, and reading.

### Free Play or Outdoor

The key is to get moving. This can include but is not limited to walking, running, jumping, taking a look at nature.

### Rest or Quiet Time

This is a time to relax. Your child may not want to sleep but you can provide them with something quiet to do such as listen to soft music or read a book.

### Summary of the Day

Talk with your child about all the things they have done today. Ask them for ideas on activities for the next day.