

TO USE THIS TEMPLATE

Go to file and select 'Make a Copy' you can then save this to your own Google Drive to use over and over as needed.

Examples can be found at www.sdelk.com

R Schednle (3yr)		J Schednle (1 yr)
Wake Up Get Yellow Juice 1 xFactor Chewable Multivitamin 5 mL Allegra	7:00 - 7:30	Wake Up 1mL Multivitamin + Iron 2.5 mL Claritin
Breakfast & morning shows Play Time	7:30-9:30	Wake Time - can eat a scrambled egg with cheese or toast Play Time
Play time without J	9:30 - 10:30	Nap 1
Snack	10:30 - 11:00	Snack
Lunch After lunch may play until 12:00	11:00 - 12:00	Lunch May play until 12:00
Rest Time	12:00 - 2:00	Nap (do not let her nap past 3:00)
Snack & Playtime	2:30 ish	Snack & Playtime
Dinner - Whatever you are making, she knows about "no thank you bites" if she doesn't like it, please make her a grilled cheese		Dinner - Whatever you are making, deconstruct it and add some cheese to the side.
Bath - can take with J 5mL Allegra Brush Teeth & Hair Lotion & Jammies Watch one episode of show (no more than 30 min)	7:00 - 7:30	Bath Brush Teeth Lotion & Jammies Watch one episode of a show (no more than 30 min)
Read a Book Go down for sleep (try not to let her stay up past (8:30))	7:30 - 8:00	Read a Book Lay down for sleep (do not let her stay up past 8:30)
R Notes		J Notes

Kids Routine		Mom Routine/Notes
Girls Alarm Clock goes Off & Lamp Light comes on	6:20	
Get Dressed (clothes, shoes, brush hair)		Make sure the girls are awake and remind them to get dressed. Prepare Girls Medicine * Place Multivitamin, Claritin and Yellow Juice Stick in front of each sink. Make the girls breakfast and put it on the table. Prepare Girls Lunches
Adult Fixes Hair	6:40 ish	Fix Girls Hair
Take Medicine Eat Breakfast		Get Ready for the Day
Google ends Breakfast	7:05	
Brush Teeth and Get Backpacks Ready for School		In Backpacks, lunchbox, school folder & water bottle
Music comes on for dance party must leave the house before 7:23!	7:15	When the music comes on you can go ahead and take R to school if she is ready.
R goes to school. Go back home after dropping off R, J can play with legos, color, make her bed or finish her breakfast if needed.		To R School (Best Route - Kings Hwy, take a right on 1-30 frontage road, then exit frontage at hill towards academy, take left at light and follow strait until you reach Morris entrance on the right.) Drop Off is the same - Go to the left at the 4 way intersection, up the drive to the side entrance of the school, someone will be there to open the door.
Google Reminder J to School Get J to go potty first - must leave the house before 8:30!	8:20	
Take J to School		Notes/Map for drop off is in your packet use bright orange tent for both drop off and pick up - take nap mat too!
		Your Time
	2:30-2:40	Go sit in line for R Pick Up - You will want to be further in the front of the line so you can pick up J before 3:30.
R Pick Up (Same Location as Drop Off)	3:10	use pink tent for identifier

Children's Schedule

Reminder of Authority:

Schedule:

Child Level 1 or All Children	Time	Child Level 2 or Adult
•	6:00 am	•
•		•
•		•
•		•
•		•
•		•
•		•

Food Guide:

Breakfast	
Morning Snack	
Savory Snack	
Sweet Snack	
Lunch	
Dinner	
Drinks	

Medicine:

Child Name (Weight)	Type/Reason	Child Name (Weight)
	Everyday Multivitamin	
	Everyday Gut Health	
	Immune Support	
	Day Allergies	
	Night Allergies	

PLEASE MAKE SURE YOU HAVE TALKED WITH ME BEFORE GIVING THE FOLLOWING MEDICATIONS

	Congestion	
	Day Cold	
	Night Cold	
	Upset Stomach	
	Fever/Pain	
	Vomiting	