



STAY AT HOME MOM SCHEDULE *with a toddler*



There's no way to be a perfect mother and a million ways to be a good one.

- **6:45 am:** Everyone wakes up
- **7:00 am:** Toddler eats breakfast while mom gets ready for the day (toddler is visible the whole time!)
- **7:15 am:** Clean up breakfast and make coffee
- **7:30 am:** Read books & play
- **8:30 am:** Change diaper if needed & get ready to go outside
- **8:45 am:** Go for a walk in the stroller
- **9:30-10:30 am:** Play outside
- **10:30 am:** Make lunch for toddler
- **10:45 am:** Eat lunch
- **11:00 am:** Clean up lunch, change diaper
- **11:15 am:** Nap time for toddler & alone time for mama
- **1:00-1:30 pm:** Wake up from nap
- **1:30 pm:** Play indoors, small snack if hungry
- **2:30 pm:** Go for second walk in the stroller
- **3:00-4:00 pm:** Play outside
- **4:00 pm:** Head inside and start making dinner
- **4:30 pm:** Daddy comes home from work
- **5:00-5:30 pm:** Dinner time
- **5:30 pm:** Clean up dinner
- **5:45 pm:** Bath time (one parent does bath, one parent does the dishes)
- **6:15 pm-7:00 pm:** Read books, hang out as a family
- **7:00 pm:** Brush teeth and get into jammies
- **7:15 pm - whenever:** Bedtime for toddler: Husband & wife time / solo time / relaxation!

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