TODDLER DAILY ROUTINE

# My Daily Schedule

Fill in your times and activities, then tick each one off together.

Name: Age: Week of:

| TIME | | ACTIVITY | DONE |
|---|---|---|---|
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |
| |  | | ☐ |

Notes:

SAMPLE TODDLER SCHEDULE

# 12 to 15 Months

Two naps a day. Around 11 to 14 hours of total sleep.

| TIME | ACTIVITY | DONE |
|---|---|---|
| 7:00 am | Wake up<br>Diaper change, milk | ☐ |
| 7:30 am | Breakfast | ☐ |
| 8:00 am | Free play<br>Books, stacking toys | ☐ |
| 9:30 am | Morning nap<br>About 1 hour | ☐ |
| 10:30 am | Snack + outdoor play | ☐ |
| 12:00 pm | Lunch | ☐ |
| 1:00 pm | Quiet play | ☐ |
| 2:30 pm | Afternoon nap<br>1 to 1.5 hours | ☐ |
| 4:00 pm | Snack + active play | ☐ |
| 5:30 pm | Dinner | ☐ |
| 6:15 pm | Bath, pajamas, books<br>Milk before bed | ☐ |
| 7:00 pm | Bedtime | ☐ |

SAMPLE TODDLER SCHEDULE

# 15 to 24 Months

One midday nap. Around 11 to 14 hours of total sleep.

| TIME | ACTIVITY | DONE |
|---|---|---|
| 7:00 am | Wake up<br>Get dressed | ☐ |
| 7:30 am | Breakfast | ☐ |
| 8:00 am | Independent play | ☐ |
| 9:30 am | Snack | ☐ |
| 10:00 am | Outdoor play<br>Park, walk or errands | ☐ |
| 11:45 am | Lunch | ☐ |
| 12:30 pm | Nap<br>2 to 3 hours | ☐ |
| 3:00 pm | Snack | ☐ |
| 3:30 pm | Sensory play<br>Crafts or a playdate | ☐ |
| 5:30 pm | Dinner | ☐ |
| 6:30 pm | Bath, pajamas, teeth, books | ☐ |
| 7:15 pm | Bedtime | ☐ |

SAMPLE TODDLER SCHEDULE

# 2 to 3 Years

One nap or quiet time. Bedtime around 7:30 pm.

| TIME | ACTIVITY | DONE |
|---|---|---|
| 7:00 am | Wake up<br>Potty, get dressed | ☐ |
| 7:30 am | Breakfast | ☐ |
| 8:00 am | Little helper chores<br>Put away toys, feed a pet | ☐ |
| 8:30 am | Learning play<br>Puzzles, blocks, pretend play | ☐ |
| 10:00 am | Snack | ☐ |
| 10:30 am | Outdoor play or outing | ☐ |
| 12:00 pm | Lunch | ☐ |
| 12:45 pm | Nap or quiet time<br>1 to 2 hours | ☐ |
| 3:00 pm | Snack | ☐ |
| 3:30 pm | Art, music or playdate | ☐ |
| 5:30 pm | Dinner<br>Help prep from 5:00 | ☐ |
| 6:30 pm | Bath, pajamas, teeth, books<br>Bedtime at 7:30 pm | ☐ |

PICTURE ROUTINE CHECKLISTS

# Morning & Bedtime

Same steps, same order, every day. Let your toddler tick each box.

## Good Morning

Start the day calm and ready.

- [ ] 1 Wake up
- [ ] 2 Potty or diaper
- [ ] 3 Get dressed
- [ ] 4 Wash hands
- [ ] 5 Eat breakfast
- [ ] 6 Brush teeth
- [ ] 7 Shoes on, ready to go

## Good Night

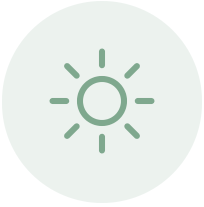
Wind down for sleep.

- [ ] 1 Dinner
- [ ] 2 Bath time
- [ ] 3 Pajamas on
- [ ] 4 Brush teeth
- [ ] 5 Two books
- [ ] 6 Goodnight song
- [ ] 7 Lights out

**Make it stick:** give a two-minute warning before each change, sing the same song for each step, and keep the order the same even when the times shift.

CUT-OUT ROUTINE CARDS

# What's Next?

| | | |
|---|---|---|
|  Wake Up |  Get Dressed |  Eat |
|  Play |  Outside |  Snack |
|  Nap |  Books |  Bath |
|  Brush Teeth |  Potty |  Cuddles |

Cut along the dashed lines. Add velcro dots and line the cards up on a strip to show the day in order.