

Friday

TIME	EVENT	WHY?	IDEAS
7:00	ME TIME	This gives you time to catch up on daily news without kids listening. You get some quiet time to start your day	-Watch the news -Take a shower -Sit with your own emotions
8:00	WAKE KIDS	Regular routines help kids feel safe.	- Set an alarm for them - Older kids can set their own alarm
8:30	BREAKFAST	Regular mealtimes reduces "grazing" & encouraging a healthy diet. Children can help make grocery lists. More involvement makes them more inclined to eat healthy.	-AHS Wake up to Breakfast Every Day -AHS Nutrition & Recipes
9:00	CHORES (Kitchen)	A housework routine helps reduce stress. Kids can help too! It helps them learn responsibility & life skills (see Age Appropriate Chores)	- Play music while you work -Printable Weekly Cleaning Schedule -Weekly Home Cleaning Routine
9:30	ACTIVITY & MOVEMENT	Plan a regular time to MOVE! Being stuck in the house all day means your body might not be getting the exercise it needs. It also gives kids the chance to get their wiggles out.	- Walk outside (try a Photo Journal *see instructions below*) -Balloon volley -Yoga/Fitness (Toddler Yoga)
10:30	SNACK	Get kids to help wash, cut, & serve snack	- AHS Nutrition & Recipes - Yogurt tubes
11:00	READING	Have some quiet reading time for 15-30 mins, (depending on the age of your kids). You can then read aloud together. This is good for building language and reading skills in children.	Set up a chart. Have each family member pick a book to read aloud. Take turns picking and reading books daily.
12:00	LUNCH	Kids can help set tables, prepare, and serve lunch.	- AHS Nutrition & Recipes - Quasadillas recipes
1:00	NAP/ QUIET TIME	This is for ALL ages. Set a timer for 30-60 minutes. Older kids can play quietly in their rooms (lego, reading, dolls, etc.). This will help everyone get a better night sleep.	-Set clear expectations. - Congratulate everyone when times up - it may take time to build up to 30 mins, every day will get easier!
2:00	PLAYTIME	Kids should be encouraged to play together, without you. Set your kids up with an activity. Let them know your expectations & rule for play. Check in and comment on good things you see: (playing quietly together), then kids know you're close & gives them needed attention.	- Centres (Talk Box: 0-6 Centres , School Age Games) - Skit/Play. Have your children plan a play to show to you later on (maybe during Family Time). - State rules in positive way: "everyone gets a turn"

3:00	SCREENS/ LEARNING	Giving your kids a set amount of time each day on electronics can help you control how much screen time they get. This time also gives you a well-deserved break in the afternoon to catch up on tasks or take time for yourself.	<ul style="list-style-type: none"> - CES Show & Tell (3pm M, W, F) - TELUS Spark Youtube Channel - TV, Movie, Online Activities - Video Chat with a family member/ friend <p>*Screen Time Recommendations*</p>
4:30	DINNER & PREP	Children can help with dinner prep with supervision.	<ul style="list-style-type: none"> -Setting the table -Washing food <p>AHS Nutrition & Recipes</p>
6:00	FAMILY TIME	It is important to spend time together as a family. This helps reduce stress and build connections between family members.	<ul style="list-style-type: none"> - Have a family movie night at home! -Storytime (give each child a turn to pick a story)
	CHECK IN	Have a regular time for an emotional check in with your children and parenting partner.	<ul style="list-style-type: none"> - Talking to your children about feelings & the Coronavirus - Try to have one-on-one
	BEDTIME	Having a regular bedtime routine promotes healthy sleep for all ages	<ul style="list-style-type: none"> - Create a bedtime routine - 8 Sleep Tips for Every Child - Smiling Minds has sleep meditations

WALKING PHOTO JOURNAL

MAKE A PHOTO JOURNAL OF YOUR WALKS

BEFORE GOING OUT, CHOOSE A LETTER OF THE DAY (YOUNGER CHILDREN CAN PICK A COLOUR INSTEAD). LOOK FOR THINGS ON YOUR WALK THAT START WITH THAT LETTER/COLOUR AND TAKE A PICTURE OF IT.

FOR EXAMPLE: LETTER "D"

DOGS

DIRT

DUMP TRUCK

WHEN YOU GET HOME, REVIEW YOUR PICTURES TOGETHER. GIVING CHILDREN PAPER OR AN UNUSED NOTEBOOK TO JOURNAL THEIR WALK OR DAY IS A GOOD WAY OF KEEPING THE LINES OF COMMUNICATION OPEN



CHESTERMERE