



interSEEDnGrow
Developmental & Speech Therapy Services Provider

SEEDS FOR GROWTH: MAKING THE MOST OF YOUR DAY

Being with your child during the day can be a rewarding and fun experience. But what does a typical day for a child under 3 look like? It depends on the family, culture, environment, and resources. If you take a look at most daycare/preschool programs they have a basic schedule. This schedule ensures that each child gets the most of their day. It is made up of low and high energy activities in which the child can engage and learn in the best way they know how: through play! Below is a sample schedule that you could try out. Tweak it to fit your lifestyle!

- ✓ Wake Up
- ✓ Breakfast
- ✓ Free Play (Dress Up, Puzzles, Play Dough, Blocks, Etc.)
- ✓ Circle Time (Story, Finger plays, Songs, Movement)
- ✓ Art/Fine Motor Play
- ✓ Snack
- ✓ Outside/Gross Motor Play (exercise, dance, tumbling)
- ✓ TV Time-Limit 30 mins (Parent prepares Lunch)
- ✓ Lunch/Brush Teeth/Wash Hands
- ✓ Free Play
- ✓ Storytime/Quiet Time/Rest
- ✓ Wake Up/Bathroom
- ✓ Snack
- ✓ Outside
- ✓ Free Play (Parent prepares Dinner)