morning routine
7:00 am  Wake up / Breakfast
7:30 am  Getting dressed
Little ones can practice washing their hands and brushing their teeth and hair.
8:00 am  Indoor play & fine motor skills
Stacking and balancing blocks and manipulating bead mazes and busy boards helps kids develop fine motor skills.
9:00 am  Outdoor play & gross motor skills
The park or backyard is a great place to practice walking, climbing stairs with help, or going down the slide all by themselves. Children can also begin to develop confidence in their movement by chasing bubbles or squirrels.
10:00 am  Snack time
10:30 am  Coloring
Most kids in this age group can hold a crayon and color on paper.

afternoon routine
11:30 am  Lunch
Children are experimenting with using utensils at this age, so put a mat under the highchair and let them practice using kid-friendly plastic forks and spoons. This will help develop their hand-eye coordination and fine motor skills!
12:00 pm  Nap time
a.k.a. time to wash dishes.
2:00 pm  Slow wake-up
A great time to read a favorite book or imaginatively play with puppets or stuffed animals.
2:30 pm  Vocabulary building
Use books, animal toys, or everyday objects to start building your child’s vocabulary. By 18 months, children may speak 20 words or more.

evening routine
4:00 pm  Music
Children are drawn to and respond to music. Play or sing their favorite songs and they will clap and bounce along.
5:00 pm  Dinner
Night - Bathtime
Remember that bath time is another great moment to spend some quiet focused time with your child. It’s one of the only times of day they are sitting still for a few moments at a time. Introduce bath toys to build vocabulary, practice washing hands, learn the parts of the body as each one gets washed!

Based on 1 nap per day. If your child naps multiple times per day, schedule can be adjusted.