

# TODDLER SCHEDULE

## HOW TO USE THIS SCHEDULE

1. Print all the pages, or choose which ones you would like to print. Print on card stock paper or thicker paper, if you have it.
2. Cut out the schedule pictures (get your toddler involved to practice their scissor skills!). Laminate the individual pictures, if you want.
3. Plan your toddler's schedule, and tape it up on a wall or a poster board. Explain to your child what each picture means and what will be expected of him or her.
4. As the day goes on, give your toddler a 5 minute warning when it's almost time to move on to the next activity, then remind them when it's time to switch activities.

## A FEW TIPS FOR SUCCESS:

- ✦ Don't expect overnight success. Remind your child of this schedule and use it consistently, but don't stress your child or yourself out if things don't go according to your plan.
- ✦ Let your child choose their activities and schedule as much as they can. Ask them what they want to do, and ask them which picture they want to use for lunch. Give them a sense of ownership.
- ✦ Don't create a schedule for the whole day. Try to plan smaller blocks of time, such as a morning or afternoon schedule with just a few activities. You can skip the time cutouts and just group activities under MORNING, AFTERNOON, or EVENING.
- ✦ You can show your child how the time on the clock starts with the same number as the time on the schedule - this might help them understand that when it's time for bed!

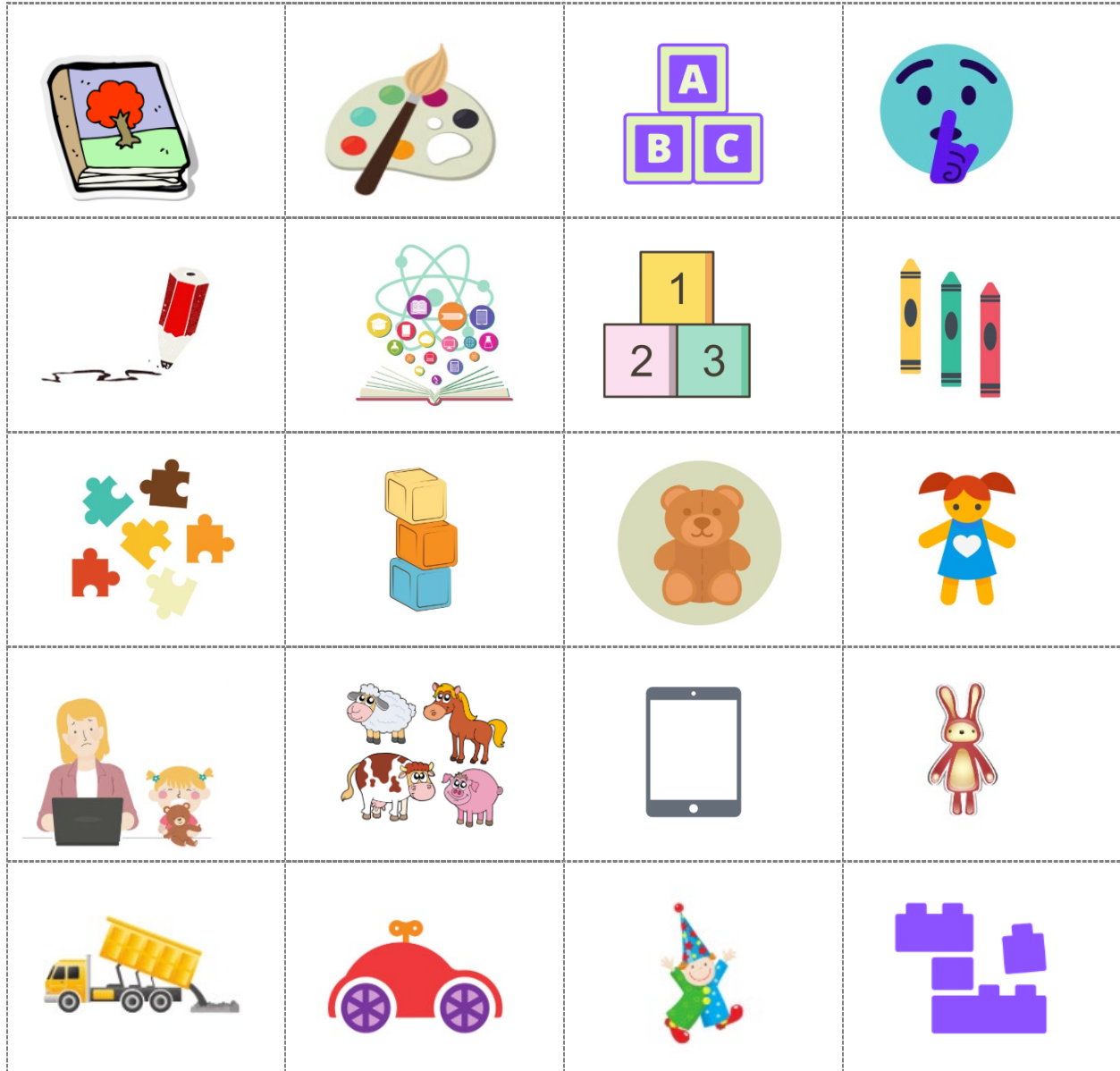
## MORE TIPS AND IDEAS:

go to: [highchairchronicles.com/printable-toddler-schedule](http://highchairchronicles.com/printable-toddler-schedule)  
for more tips, ideas, and to see examples of  
how to use this schedule

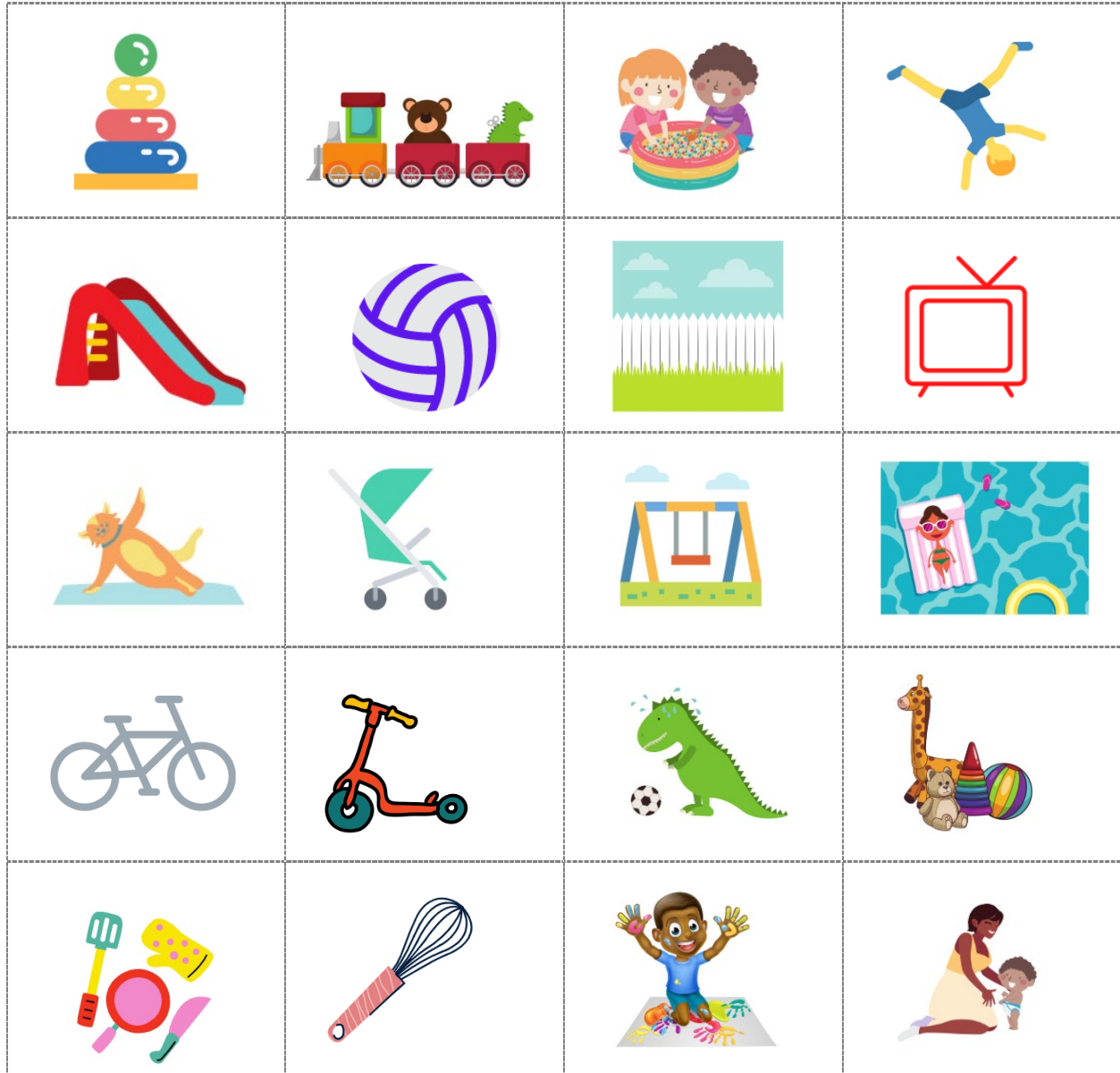
# MEALTIMES AND SNACKS



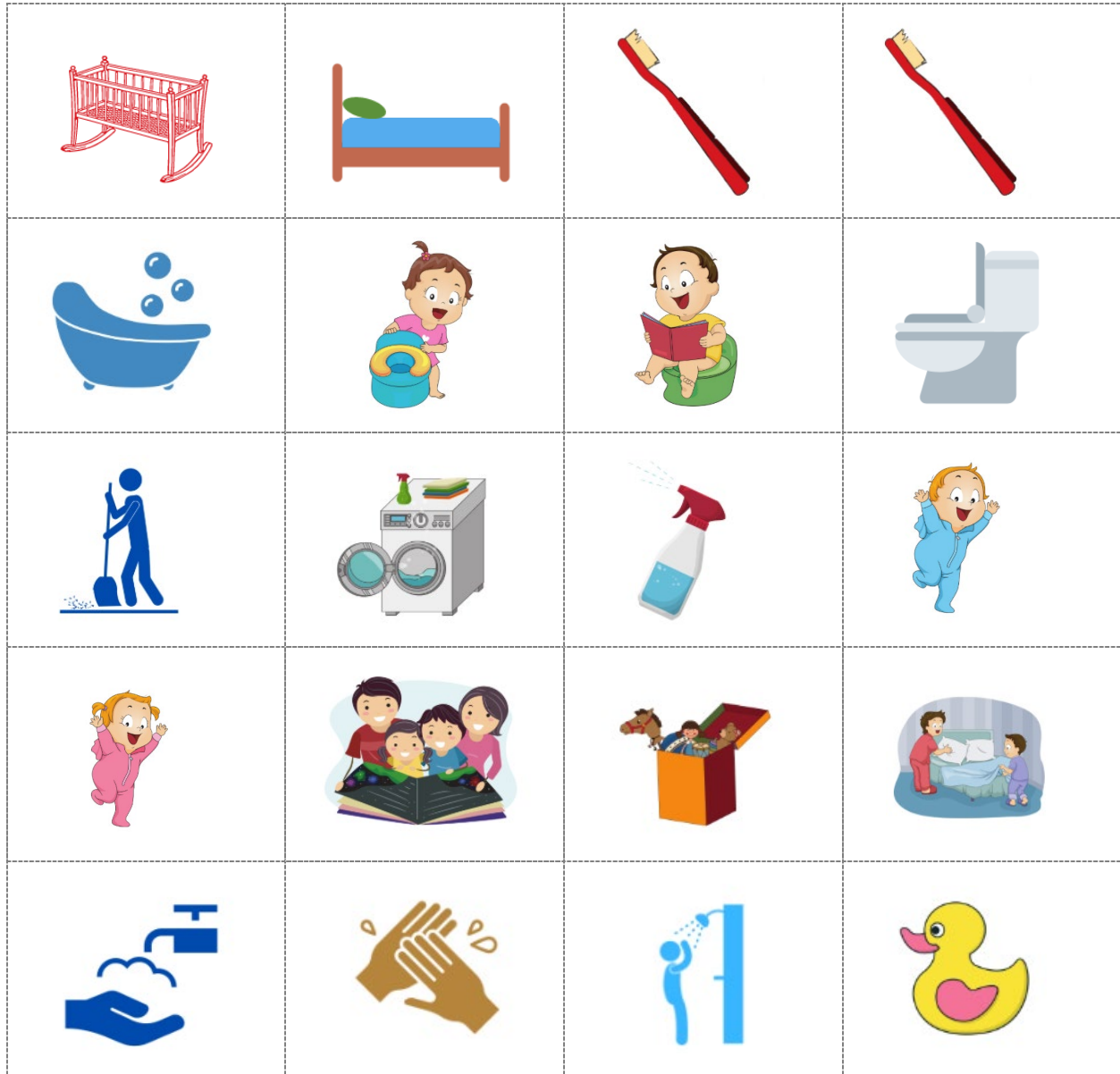
# LEARNING AND QUIET TIME





# PLAYTIME AND FUN



# CHORES, CLEANING, BEDTIME



5:00	2:00	5:30	2:30
6:00	3:00	6:30	3:30
7:00	4:00	7:30	4:30
8:00	5:00	8:30	5:30
9:00	6:00	9:30	6:30
10:00	7:00	10:30	7:30
11:00	8:00	11:30	8:30
12:00	9:00	12:30	9:30
1:00	10:00	1:30	10:30

MONDAY	MORNING
TUESDAY	AFTERNOON
WEDNESDAY	EVENING
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
AM	PM