



TEISHA, MOTHER OF 4, KIDS BETWEEN THE AGES OF 5-13

I work from home, my husband is self-employed, and our kids are in elementary, middle, and high school this year! Our family's schedules don't really lend themselves well to putting things in specific time slots, but having a basic framework for our day makes it easier for us to have an idea of what we should be working on next so that we're spending our time more efficiently. It's particularly helpful that the kids all know what they should be doing next without constant direction from me!

SCHOOL DAYS

SAMPLE schedules

tips

- If your family's schedule just doesn't fit well into a time-slot kind of schedule, don't force it. Focus instead on routines that give you and your family an idea of what comes next in your day.
- List the main things that need to be done each day, and then figure out the best order to put those in. Then add in weekly and monthly tasks once you have the daily ones slotted into your routine.
- Every evening I check my calendar and to-do list so that if there's something important on it for the next day, I can adjust our routine accordingly and not be scrambling at the last minute.

	MOM	KIDS
MORNING	Breakfast Quiet Time Help get kids started on school work Check-in with Work Stretches & Break!	Breakfast Morning Chores School Work
AFTERNOON	Lunch (Read while eating) Do a load of laundry, dishes, or some other household chore Work Help kids with school B's reading lesson	Lunch Afternoon break/time outside Dishes or other chores School
EVENING	Start dinner prep Finish up work Grade/check school work Dinner Relax with the family	Free time once school work is completed Dinner Relax with the family

