

# Toddler Daily Routine



7:30-8:00 time to rise and shine and have breakfast

8:00 -8:15 Potty Time and Diaper Change  
8:15—8:30 Free Play and Clean up  
8:30-9:00 Outdoor Fun (weather permitting)  
9:00-9:10 Potty Time and Diaper Change  
9:10-9:30 Music and movement time Get up and dance!  
9:30-9:50 Free Play and Clean up  
9:50-10:00 Potty Time/Wash Hands and get ready for SNACK Yummy!

10:00-10:15 Snack Time

10:15-10:30 Intentional Play/Fine motor and Learning activities



10:30-11:00 Floor time with learning activities/Clean Up  
11:00-11:30 Outdoor Play  
11:30-12:00 Books/Wash up and get ready for Lunch

12:00-12:40 Lunch Time

12:40-12:50 Potty Time/Diaper Change  
12:50-3:00 Nap Time  
3:00-3:10 Potty Time/Diaper Change

3:10-3:30 Snack Time

3:30-4:00 Craft Time/Story Time  
4:00-4:15 Potty Time/Diaper Change



4:15-5:00 Outdoor Play  
5:00-5:15 Potty Time/Diaper Change  
5:15-6:00 Play Time

6:00-7:00 Dinner/Clean Up  
7:00-7:30 Family time  
7:30-8:00 Potty Time/Bath time  
8:00-8:30 Storytime and Bedtime

Family time and routines help children feel safe and secure in their home. They know what to expect each day and will learn many things when intentional play activities are implemented. The Power of Play Developmental Program at [www.otbox.org](http://www.otbox.org) will provide you activities monthly along with information about what your child should be learning in all six areas of development.

Have fun playing and learning along the way!

**TOTS Therapy and Wellness, P.L.L.C**

Kim Armitage-Pediatric Occupational Therapist  
[kima.ot@hotmail.com](mailto:kima.ot@hotmail.com) 432-559-6209