

# A DAY IN THE LIFE OF...

## our daily schedule!

6:30-7:30am

Wake, cuddle in Mommy's bed, talk about the day and expectations.

Breakfast, empty dishwasher while kids eat, clean up, start laundry.

7:30-8:00am

Oldest son gets dressed, brush teeth and wipe down his counter.

Diapers, babies dressed, comb hair, warm up my coffee again.

8:00-10:00am

Play time outside, dig, trampoline, scooters. Snack at 10am.

Morning phone calls (if needed) during snack, switch laundry.

10 - 10:30am

Clean un-used toys, playtime swap (inside or outside switch),

Water plants, empty all trash and turn over Airbnb guest room.

10:30- 12pm

General chaos, sword fights, eating chalk and bandaid re-applications.

Prep lunch, play with kids, put away laundry, diaper changes.

12 -12:30am

Eat Lunch and maybe watch a show while eating

Make lunch for boys, load dishwasher, start Roomba after

12:30- 1:00pm

Wash hands, face, take shoes off and get into bed.

Naptime routine. Clean up lunch.

1:00 -3:30pm

Nap-time for babies, oldest does school work, coloring, LEGOS

Emails, online banking, doctor appts, work conf calls, prep dinner

3:30-4:00pm

Wake up babies, 4pm snack

Daddy comes home! Prep rest of dinner if needed, load dishwasher

4 -5:00pm

Play with daddy, clean up if needed. Maybe watch a show.

Make dinner, make afternoon phone calls, respond to emails

5 - 6:00pm

Wash hands and face, dinner time at 6:00pm, distribute award stars.

Family Dinner, layout pajamas for bath routine.

6:30-7:00pm

Daddy gives baths, clean up toys, brush teeth, daddy reads a story.

Mommy clean kitchen, prep coffee for next day, start Roomba.

7 - 7:30pm

Prayers, "the As" for each boy and **BEDTIME !!** Shhhhh.

Get laundry out of dryer, fold and pile by kids door.

8 - 10:30pm

Sleeping & Dreaming

Workout, review schedule for tomorrow. Bedtime 10:30-11pm.