

DAILY SCHEDULE

Breathe | Breathe | Breathe

30 Minute Increments

Young children will require that we don't just look at our days as morning, mid-day and afternoon; start to also think in half hour increments.

Assign a Parent

In a situation where both parents have to get work done, we recommend that blocks of time are assigned to only one adult outside of "family time" hours. One parent should have a chunk of uninterrupted time early morning while another is guaranteed that same amount later in the evening. Who wants when? Decide and stick to it.

Chunk Activities

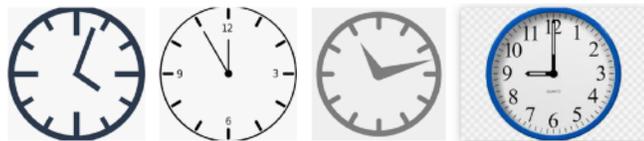
Michael Hyatt recommends that we choose one project for the day, or even just one task for a period of work time. Batching and Mega-batching our activities and not trying to multi-task will increase our chances of being able to end our days feeling like we moved through and completed at least one important thing.

Parent Survival

I'd like to encourage the discussion about a family schedule with a central theme in mind. The comfortability and success of the parent, at this time, supersedes our need to protect and nurture our child in the perfect way all day during this lengthy quarantine. As your personal and work life is thrown into upheaval, it will be necessary that you find a balance between perfection and reality.

Screen Time

Research is clear that too much screen time has a negative effect on a child's development. However, at this time some of you will need to put keeping your job and your sanity above other concerns that were previously much more achievable and realistic. I want to encourage you to relax into acceptance:



1. You are not "homeschooling" your toddler or preschooler. Toddlers and preschoolers are always learning and if you have a consistent schedule and encourage play, movement, concentration, independence and some engagement with ToTH teachers and friends, your child will not return to us "behind". You are a caregiver during this time, not an instructor.
2. If you will benefit from adding an extra session, or a longer session of screen time for a cartoon and this long term strategy is going to help you achieve your goals as a provider for your family, be honest about the pay off vs the price during this extraordinary time, and give yourself what you need.



Family Quiet Time

It will be a life saver to begin the daily practice of a predictable family "quiet time".

- Do you have a timer? If not order one or use the stove. Consider some sand hour glasses for your child's pleasure.
 - Have you connected with your child's teacher to inquire about how independently your child is working at school, so you can start this practice at home aligned with a reasonable expectations?
 - Do you have the verbiage needed to manage the learning curve if family quiet time is new? If not let's practice!
1. *"I am going to set the timer for our family quiet time. During quiet time everyone is silent. I will do my favorite thing for right now, daddy will do his favorite thing for right now, and you can do your favorite thing for right now. What will you choose?"*
 2. *"The timer has not told us we are finished, I will continue being quiet."*
 3. *"I'm happy to do my favorite thing next yo you, and we can do it side by side. But I want to work alone, and you can work alone. Let's work alone together."*

3. Your first crack at a schedule is a draft, and you will probably need experimentation to refine it. Refine a little each day or each week. It's OK to try things that don't work and change your mind.
4. Talking your schedule issues through with your lead teacher will be helpful.

What to expect from ToTH as we increase our offerings to support you during this shut down:

1. If you Marco Polo us because you want your child to have a quick, easily accessible means of seeing your teachers faces, we will respond to each of your videos. If you have not already downloaded Marco Polo and you think this might be fun, download it. Each ToTH lead teacher has it on her phone. Also, you can Marco Polo your child's teacher for a quick hello and a question and we will respond. This is user friendly for people who just wanna grab their phone and have a quick exchange rather than having to set a meeting on a calendar and coordinate.
2. We will begin to set up group Zoom Meetings for the children to get together for activities and circle time this week. This first week is our maiden voyage so we can work out tech kinks and practice. We will also invite parents for virtual happy hours or focused discussions.
3. We will continue to post activities on Bloomz and IG. Anything fun posted to Bloomz will also be put on the ToTH YouTube Channel.
4. You are welcome to reach out to any ToTH person for a one on one at any time. You all have my cell (571-527-7396) and I invite you to text me to set up a Facetime, zoom, or phone call any time.