

# Sample Toddler Schedules

## Printing Instructions

I'm so happy you grabbed sample toddler schedules! I really hope they help you to create and stick to your own stay at home mom schedule, momma.

It is best to print these schedules out on letter-sized paper. Keep in mind that different printers may make the colors look different. You can print on any paper, but a 28 lb gives your page a more luxurious feel.

If you have any questions at all, email me at [shannon@makingmommamas.com](mailto:shannon@makingmommamas.com). I'm happy to help!



Please Let Me Know  
What You Think

If you love these sample schedules,  
please email me and let me know!



## Drop By Our Shop!

If you're in need of some extra support to tackle the daily chaos at home, swing by my Etsy shop! I've got all the tools you need to bring some order and joy into your routine, from planners to self-care kits. Let's make managing life at home a breeze together—check out my shop today and let's embrace this journey with confidence! 🏠❤️ #SAHMLife #EtsyFinds #HomeManagement

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# The 18 Month Old

## Toddler Stay at Home Mom Schedule

TIME	TASK	TIP
7 AM	Wake Up	Wake up & morning cuddles.
7:30 AM	Breakfast	Eat a balanced meal together to start the day.
8 AM	Play Time	Encourage your toddler to play alone.
10 AM	Snack Time	Offer a healthy snack like fruit or yogurt.
10:30 AM	Outside	Go for a walk in the park or play in the backyard.
12 PM	Lunch	Eat a healthy lunch together.
1 PM	Nap Time	A nap is important for your toddler's development.
3 PM	Snack Time	Another healthy snack.
3:30 PM	Activity Time	Do something together, like reading or crafts.
5:30 PM	Dinner Time	Eat a nutritious meal together as a family.
6 PM	Family Time	Wind down the day playing together.
7 PM	Bath Time	Start the bedtime routine with bath.
7:30 PM	Bed Time	Read a story, sing a lullaby.
8 PM	Bed Time	Lights out.

# The 2 Year Old

## Toddler Stay at Home Mom Schedule

TIME	TASK	TIP
7 AM	Wake Up	Wake up & morning cuddles.
7:30 AM	Breakfast	Eat a balanced meal together to start the day.
8 AM	Play Time	Encourage your toddler to play alone.
10 AM	Snack Time	Offer a healthy snack like fruit or yogurt.
10:30 AM	Outside	Go for a walk in the park or play in the backyard.
12 PM	Lunch	Eat a healthy lunch together.
1 PM	Nap Time	A nap is important for your toddler's development.
3 PM	Snack Time	Another healthy snack.
3:30 PM	Activity Time	Do something together, like reading or crafts.
5:30 PM	Dinner Time	Eat a nutritious meal together as a family.
6:30 PM	Family Time	Wind down the day playing together.
7:30 PM	Bath Time	Start the bedtime routine with bath.
8 PM	Bed Time	Read a story, sing a lullaby.
8:30 PM	Bed Time	Lights out.

# The 3 Year Old

## Preschool Stay at Home Mom Schedule

TIME	TASK	TIP
7 AM	Wake Up	Wake up & morning cuddles.
7:30 AM	Breakfast	Eat a balanced meal together to start the day.
8 AM	Play Time	Encourage your child to play alone.
10 AM	Snack Time	Offer a healthy snack like fruit or yogurt.
10:30 AM	Learning Time	Play a learning game or do a simple craft.
12 PM	Lunch	Eat a healthy lunch together.
1 PM	Quiet Time	Encourage your child to rest in their bed.
3 PM	Snack Time	Another healthy snack.
3:30 PM	Outside Time	Go for a walk, to the park, or play in the yard.
5:30 PM	Dinner Time	Eat a nutritious meal together as a family.
6:30 PM	Family Time	Wind down the day playing together.
7:30 PM	Bath Time	Start the bedtime routine with bath.
8 PM	Quiet Time	Read a story, do some coloring, etc.
8:30 PM	Bed Time	Lights out.