

TODDLER DAILY ROUTINE CHECKLIST



ROUTINES SCHEDULE CHECKLIST

For Toddler that goes to daycare

TIME	ITEM	EXPLANATION
5:30 AM	Wake Up Early	Start your day before your toddler for some "me time."
5:35 AM	Make Your Bed	Creates a sense of order and sets a productive tone.
5:40 AM	Quick Exercise	Do a few stretches to wake up your body.
5:50 AM	Plan Your Day	Write down tasks to stay focused.
6:00 AM	Make Coffee or Tea	A wake-up drink to feel ready for the day.
6:30 AM	Wake Toddler	Gently wake your toddler to start their day.
6:35 AM	Diaper Change	Give your toddler a fresh start with a clean diaper.
6:40 AM	Dress Toddler	Choose comfortable and suitable clothes for daycare.
6:45 AM	Brush Teeth	Both you and your toddler should have clean teeth.
6:50 AM	Breakfast Time	A quick but nutritious breakfast for both of you.
7:10 AM	Pack Lunch	Prepare and pack lunch for your toddler's day at daycare.
7:20 AM	Story or Playtime	Spend a few joyful minutes reading or playing.
7:30 AM	Double Check Bag	Make sure all essentials are packed for daycare.

TIME	ITEM	EXPLANATION
7:35 AM	Shoes On	Get your toddler's shoes on; it's almost time to leave.
7:40 AM	Grab Your Things	Take your bag, keys, and phone.
7:45 AM	Say Goodbye	Quick hugs and goodbyes to other family members.
7:50 AM	Car Safety	Make sure everyone is buckled up safely for the drive.
7:55 AM	Fun Music	Play light, fun music to make the ride enjoyable.
8:15 AM	Drop Off	Sign in and settle your toddler into daycare.
8:20 AM	Quick Chat	A brief talk with the daycare provider keeps you in the loop.
8:30 AM	Self-Care	Take a few deep breaths to reset your focus.
8:35 AM	Prioritize Tasks	Think about your most important work tasks.
8:40 AM	Work Time	Dive into your tasks, starting with the most important.
10:00 AM	Mid-Morning Snack	Have a small, healthy snack to keep your energy up.
10:05 AM	Reflect	Take a minute to appreciate your organized and productive morning.
10:10 AM	Check Email	Scan and reply to urgent emails.
10:30 AM	Mid-Morning Meeting	If you have work meetings, this could be a good time.
11:00 AM	Continue Work	Tackle the next important tasks on your list.
12:30 PM	Lunch Break	Take time to eat and recharge.
1:00 PM	Quick Walk	A brief walk for fresh air and a mental reset.
1:15 PM	Resume Work	Get back into work mode.
3:00 PM	Afternoon Snack	Another small, healthy snack to maintain energy.
3:15 PM	Review Progress	Check off what's done and plan next steps.
4:00 PM	Final Work Push	Finish up work tasks before daycare pick-up.
5:00 PM	Pick Up Toddler	Time to bring your little one home.
5:30 PM	Prepare Dinner	Start cooking or warming up dinner.

TIME	ITEM	EXPLANATION
6:00 PM	Family Dinner	Sit down to eat and discuss the day.
6:30 PM	Family Playtime or Activity	A board game, puzzle, or some outdoor fun.
7:00 PM	Toddler Bath Time	A warm bath helps signal it's winding down time.
7:30 PM	Prepare for Bedtime	Get your toddler into pajamas and ready for bed.
7:45 PM	Bedtime Story	A calming story to help transition to sleep.
8:00 PM	Toddler Bedtime	Tuck your toddler in and say goodnight.
8:15 PM	Adult Time	Time for you and your partner, or personal time.
9:00 PM	Prepare for Tomorrow	Set out things you'll need for the next day.
9:30 PM	Relaxation	Unwind with a book, TV, or a calming activity.
10:00 PM	Adult Bedtime	Time to rest and recharge for another day.





DAILY ROUTINES CHECKLIST

For Toddler that stays at home

TIME	ITEM	EXPLANATION & TODDLER'S ACTIVITY
5:30 AM	Wake Up Early	Quiet time. Toddler is sleeping.
5:40 AM	Plan Your Day	Write down what needs doing. Toddler is sleeping.
6:00 AM	Coffee/Tea	Wake-up drink. Toddler is sleeping.
6:30 AM	Wake Toddler	Time for your little one to start the day.
6:40 AM	Diaper & Dress	Fresh diaper and comfy clothes.
6:50 AM	Brush Teeth	Clean teeth for both.
7:00 AM	Breakfast	Quick and healthy meal.
7:30 AM	Playtime/Story	A good book or play to engage the toddler.
8:00 AM	Free Play for Toddler	Toddler plays alone with toys.
8:15 AM	Focused Time	Work, chores, or personal project. Toddler in free play.
9:00 AM	Toddler Snack	A small snack like fruit.
9:15 AM	Activity Time	Coloring, or puzzles with toddler.
9:45 AM	Free Play for Toddler	Toddler plays alone again.
10:00 AM	Focused Time	More time for your tasks. Toddler in free play.

TIME	ITEM	EXPLANATION & TODDLER'S ACTIVITY
11:00 AM	Prepare Lunch	Toddler can assist in simple ways.
11:30 AM	Lunch	Eat together.
12:00 PM	Toddler Nap	Toddler's rest time.
12:15 PM	Quiet Time	Do important work or relax. Toddler napping.
2:00 PM	Wake Toddler	Toddler wakes up from nap.
2:15 PM	Snack and Story	Toddler has a light snack and story.
2:45 PM	Quiet Activity	Toddler does a quiet activity like coloring.
3:00 PM	Focused Time	Wrap up tasks for the day. Toddler in quiet activity.
4:00 PM	Prepare Dinner	Toddler can assist in simple ways.
4:30 PM	Family Time	Play or a walk outside.
5:00 PM	Dinner	Family mealtime.
5:30 PM	Clean Up	Quick clean, toddler can help.
6:00 PM	Wind Down	Slower activities to prepare for bedtime.
7:00 PM	Toddler Bath	Warm bath to relax the toddler.
7:30 PM	Bedtime Prep	Pajamas and a bedtime story.
8:00 PM	Toddler Bedtime	Time for the toddler to sleep.
8:15 PM	Evening Time	Adult time or leftover tasks.
9:00 PM	Plan for Tomorrow	Get things ready for the next day.
9:30 PM	Relax	Time to wind down before sleep.
10:00 PM	Adult Bedtime	Rest for another busy day.



MEAL PREPPING AND GROCERY CHECKLIST

TIME	DAY	TASK	CHECK	TIPS
9:00 AM	SUNDAY	Fridge Inventory		Start week organized; know what you have.
10:00 AM	SUNDAY	Weekly Meal Plan		Follow fridge inventory; plan balanced meals.
11:00 AM	SUNDAY	Make Grocery List		Make list from meal plan; check pantry too.
12:00 PM	SUNDAY	Grocery Shopping		Shop by section; stick to list to save time.
2:00 PM	SUNDAY	Meal Prepping		Prep veggies, marinate meat for the week.
5:45 AM	MON-FRI	Make Breakfast		Prep night before; rolled oats, smoothies, toast.
4:30 PM	MON-FRI	Prepare Dinner		Use meal plan; cook in batches if possible.
5:30 PM	MON-FRI	Pack Lunch for Tomorrow		Use dinner leftovers; pack in toddler-friendly containers.
5:40 PM	MON-FRI	Prepare Toddler's Lunchbox		Include fruits; use silicone cups for portions.
8:00 PM	MON-FRI	Quick Snack Prep		Portion healthy snacks like fruit, nuts.
9:00 AM	SATURDAY	Light Cleaning		Quick fridge and pantry check; toss expired items.
9:30 AM	SATURDAY	Make Breakfast		Make it special; pancakes or waffles, maybe.
12:00 PM	SATURDAY	Prepare Lunch		Make easy meals like sandwiches or salads.
4:30 PM	SATURDAY	Prepare Dinner		Make it family cooking time; maybe pizza night.

MEAL PLAN TEMPLATE

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

This template has slots for breakfast, lunch, dinner, and snacks for each day. Just fill it in based on your weekly task schedule and preferences. It's designed to help you stay organized.

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TODDLER STAPLES CHECKLIST

CATEGORY	ITEM	QUANTITY	SEASONAL	TIPS & CHALLENGES	CHECKLIST
HYGIENE	Diapers	50-100	All	Buy in bulk to save money.	
	Wipes	3 packs	All	Have a pack for the diaper bag too.	
	Baby Lotion	1 bottle	Winter	Helps with dry skin.	
	Baby Shampoo	1 bottle	All	Tear-free types are best.	
	Baby Soap	1 bar	All	Choose a mild soap.	
	Toothbrush	1	All	Soft bristles are easier on gums.	
	Toothpaste	1 tube	All	Use a pea-sized amount.	
	Baby Nail Clippers	1	All	Be cautious during clipping.	
	Bath Towel	3-5	All	Hooded ones keep baby warm.	
	Washcloth	4-6	All	Gentle on skin.	
	Cotton Balls	1 pack	All	Good for cleaning tiny parts.	
	Q-tips	1 pack	All	Only for external use.	

CATEGORY	ITEM	QUANTITY	SEASONAL	TIPS & CHALLENGES	CHECKLIST
CLOTHES	Onesies	10-15	All	Keep a few extras in the diaper bag.	
	T-Shirts	5-10	Summer	Easy to change.	
	Pants	5-10	Winter	Warmer types for cold months.	
	Shorts	5-10	Summer	Quick to put on and take off.	
	Dresses/Skirts	3-5	Summer	Good for hot weather.	
	Socks	10-15	All	Have extra; they get lost easily.	
	Underwear	10-15	All	Cotton is comfy.	
	Pajamas	5-7	All	One-piece types are cozy.	
	Hats	2-3	All	Sun hats for summer, woolen for winter.	
	Jackets/Coats	2-3	Winter	Make sure it fits over layers.	
	Sweaters	2-4	Winter	Warm but not too bulky.	
	Swimsuits	1-2	Summer	Quick-drying types are best.	
	Shoes	2-3 pairs	All	Good support is important.	
	Mittens/Gloves	1-2 pairs	Winter	Easy to put on styles are best.	
	Rain Boots	1 pair	Rainy	Must be easy to put on/off.	



TODDLER DAILY ROUTINE SKILL DEVELOPMENT CHECKLIST

SKILL CATEGORY	SKILL	AGE APPROPRIATE	TIPS & ADVICE	CHECKLIST
MOTOR SKILLS	Stacking Blocks	1-2 years	Hand-eye coordination.	
	Drawing Circles	2-3 years	Use chunky crayons.	
	Kicking a Ball	2-3 years	Good for leg muscles.	
	Using Scissors	3-4 years	Always supervise.	
	Climbing Stairs	2-3 years	Hold their hand.	
	Opening Doors	3-4 years	Teach to twist doorknobs.	
	Jumping	2-3 years	Jump over small objects.	
	Running	2-3 years	Use open space for practice.	
COMMUNICATION	Naming Body Parts	1-2 years	Make it a game.	
	Forming Sentences	2-3 years	Encourage during play.	
	Knowing Colors	2-3 years	Use colored toys.	
	Simple Counting	3-4 years	Count toys or steps.	
	Naming Foods	2-3 years	During meals.	

SKILL CATEGORY	SKILL	AGE APPROPRIATE	TIPS & ADVICE	CHECKLIST
	Saying Goodbye/Hello	2-3 years	Teach greetings.	
	Simple Questions	3-4 years	Who, what, where.	
	Naming Family Members	2-3 years	Use photos to help.	
SELF-CARE	Brushing Teeth	1-2 years	Make it fun.	
	Dressing Self	2-3 years	Easy clothes first.	
	Using a Fork and Spoon	2-3 years	Child-sized utensils.	
	Potty Training	2-3 years	Use rewards.	
	Washing Hands	2-3 years	Sing a song while washing.	
	Drinking from a Cup	1-2 years	Start with a sippy cup.	
	Wiping Face	2-3 years	Use a soft cloth.	
	Blowing Nose	3-4 years	Use soft tissues.	
SOCIAL SKILLS	Sharing	2-3 years	Teach during playdates.	
	Saying Please/Thank You	2-3 years	Model the behavior.	
	Understanding Emotions	3-4 years	Talk openly about feelings.	
	Playing Games	2-3 years	Simple games like peek-a-boo.	
	Listening Skills	2-3 years	Teach to listen before speaking.	
	Waiting Their Turn	3-4 years	Practice in games.	
	Following Instructions	3-4 years	Give simple commands.	

SKILL CATEGORY	SKILL	AGE APPROPRIATE	TIPS & ADVICE	CHECKLIST
COGNITIVE SKILLS	Recognizing Shapes	1-2 years	Shape sorters are good.	
	Following Simple Rules	2-3 years	Make rules clear.	
	Sorting by Color/Size	3-4 years	Make it a game.	
	Simple Puzzles	3-4 years	Big pieces first.	
	Identifying Sounds	1-2 years	Animal sounds are fun.	
	Basic Time Concepts	3-4 years	Morning, afternoon, night.	

