# Family roulines <br> planner 

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This plawner belongz To:
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$\qquad$

birthdays
and annivergaries





December
month of:

Monday
Tuesday
Wednesday
Thursday

| Friday | Saturday |  | Sunday |  |
| :--- | :--- | :--- | :--- | :---: |
|  |  |  | $\square$ |  |
|  |  |  | $\square$ |  |
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|  |  |  |  |  |

# self care <br> habit tracker 

Things that are working:

People to connect with:

Parenting focuses:

Things I want to change:
$\qquad$
Thingstota go of:
$\square$
$\square$
$\square$

Wags To serve others:
$\qquad$
$\qquad$
$\qquad$
$\qquad$

One way I can improve this month is:
week of:
Monday ${ }^{\text {Tuesday }}$ Wednesday

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n度
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Thursday Friday
meal planning

weekly focus

Last week. I wars at my best when...
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\square$

This week, IU create a routine around. $\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Last week. I felt grossed when...
$\square$
This week, in my home, IU...
$\qquad$
$\longrightarrow$
$\qquad$
$\qquad$
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$\qquad$

## sample schedule newrigorn 103 monthy

## sample 1:

Zam Wake up for the day | Eat | Play
8am Nap
9:30am Wake | Eat | Play
10:30am Nap
12pm Wake | Eat | Play
$1 \mathbf{p m}$ Nap
2:30pm Wake | Eat | Play
3:30pm Nap
5pm Wake \| Eat | Play
6:30pm Bedtime routine | Bath | Bottle
7pm Bed \| Down for the night
10-11 pm Dreamfeed (if desired)
11pm-7am Night feeds (as needed)

## sample 3:

| 8:30am | Wake up for the day \| Eat $\mid$ Play |
| ---: | :--- |
| 9:30am | Nap |
| 11:30am | Wake \| Eat | Play |
| 12:30pm | Nap |
| 2:30pm | Wake \| Eat | Play |
| 3:30pm | Nap |
| 5:30pm | Wake \| Eat | Play |
| 6:30pm | Nap |
| 8pm | Wake \| Eat | Play |
| 9pm | Bedtime routine \| Bath | Bottle |
| 9:30pm | Bed \| Down for the night |
| 9:30pm | Night feeds (as needed) |
| -8:30am |  |

## sample schedule 3 to 6 monthg

## sample 1:

7am Wake up for the day | Eat | Play
8:30am Nap
10am Wake | Eat | Play
11:30am Nap
1pm Wake | Eat | Play
2:30pm Nap
4pm Wake | Eat | Play
5-5:30pm Cat nap
7pm Bath | Bedtime routine | Eat
7:30pm Bed | Down for the night
10-11pm Dreamfeed (if desired)
11pm-7am Night feeds (as needed)

## gample 2:

7am Wake up for the day | Eat | Play
8:45am Nap
10:30am Wake | Eat | Play
12:15pm Nap
1:45pm Wake | Eat | Play
3:30pm Nap
5pm Wake | Eat | Play
7pm Bath | Bedtime routine | Eat
7:30pm Bed \| Down for the night
10-11 pm Dreamfeed (if desired)
11pm-7am Night feeds (as needed)

Sample 3:
7am Wake up for the day | Eat | Play
9am Nap
11am Wake | Eat | Play
1pm Nap
3pm Wake | Eat | Play
5-5:30pm Short nap in swing
5:30pm Wake | Eat | Play
7pm Bath | Bedtime routine | Eat
7:30pm Bed | Down for the night
7:30pm
-7am
Dreamfeed: This is the age range when the dreamfeed is dropped as it becomes more disruptive to sleep.

## sample schedule 6709 monthy

## gample 1:

| 8 am | Wake up for the day \| Eat + solids | Play |
| :---: | :---: |
| 9:45am | Nap |
| 11:30am | Wake \| Eat + solids | Play |
| 1:15pm | Nap |
| 3 pm | Wake \| Eat | Play |
| 5:15pm | Catnap |
| 6 pm | Solids/Dinner as a family |
| 8pm | Bedtime routine \| Eat |
| 8:30pm | Bedtime |

## sample 3:

Wake up for the day | Eat + solids | Play

10am Nap
11:45am Wake | Eat + solids | Play
1:45pm Nap
3:30pm Wake|Eat|Play
6pm Solids/Dinner as a family
8pm Bedtime routine | Eat
sample 2:
Wake up for the day | Eat +
7am solids | Play
9am Nap
11am Wake | Eat + solids | Play
1pm Nap
3pm Wake|Eat|Play
5pm Dinner with family
7pm Bath | Bedtime routine | Eat
7:30pm Down for the night
Night feedings if needed. Talk
7pm-7am to your pediatrician about what age would be appropriate for night weaning.

## rowthe brane tarm

## sample schedule <br> 

## sample 1:

8:30am Wake up for the day | Eat | Play

1 am Nap

12:30pm Wake | Eat | Play
3pm Nap

4:30pm Wake | Eat | Play

Wpm Solids with family at dinner

Bpm Bedtime routine | Eat

8:30 pm Bedtime

## sample 3:

Tam Wake up for the day | Eat | Play
10:30am Nap

12pm Wake | Eat | Play

3pm Nap
4:30pm Wake | Eat | Play

5:30 pm Solids with family at dinner

7pm Bedtime routine | Eat

7:30 pm Bedtime

## sample 2:

Tam Wake up for the day | Eat | Play

10am Nap

11 am Wake | Eat | Play

2 pm Nap

3:30pm Wake | Eat | Play

5:30 pm Solids with family at dinner

6:30pm Bedtime routine | Eat
7pm Bedtime
routine brainstorm

## sample schedule 12 To 18 monthr

## gample 1:

Zam Wake up for the day | Eat | Play

10am Nap

11:30am Wake | Eat | Play

2:30pm Nap

4pm Wake | Snack | Play

5:30pm Dinner with family

7pm Bedtime routine starts

7:30pm Bedtime

## gample 3:

Wake up for the day | Eat breakfast | Play
9:30am Morning snack
11:30am Lunch
12:30
$-1 \mathrm{pm}$
Nap starts

3-4pm Nap ends
3:30pm Snack (or whenever nap ends)
5:30pm Dinner with family Bath | Bedtime routine \| Sippy
7pm or bottle with milk | Down for the night

## gample 2:

7am Wake up for the day | Eat | Play

10:30am Nap

12pm Wake | Eat | Play

3pm Nap

4:30pm Wake \| Snack | Play

6pm Dinner with family

7:30pm Bedtime routine starts

8pm Bedtime

## rowthe branderan

## sample schedule $18: 10.24$ monthg

## gample 1:

| gample 1: |  |
| :---: | :---: | :---: |
| 8:30am | Wake up \| Eat breakfast |
| 9am Playtime |  |
| 11am | Lunch |
| 11:30am | Reading time |
| 12pm | Nap |
| 3pm | Wake up \| Snack |
| 3:30pm | Play until dinner |
| 6pm | Dinner |
| 7pm | Bedtime routine |
| 7:30pm | Bedtime |


|  | galuple 2: |
| ---: | :--- |
| 7am | Wake up \| Eat breakfast |

## gample 3:

Wake up | Make bed \| Get dressed

6:30am Eat breakfast

7am Activity time

8am Free play inside

9am Independent playtime in room

10am Snack

10:30am Chores | Playtime | Run errands

11:30am Lunch

12pm Nap

2-2:30pm Wake up and eat snack

3pm Bath

4pm Screen time or reading

5pm Dinner

5:30pm Start bedtime routine

6pm Bedtime

## sample schedule 2103 years

## sample 1:

7:30am Wake up | Read | Play
8:15am Breakfast
12pm Lunch
1:30pm Nap
3pm Wake up
3:15pm Snack
5:45pm Dinner
7:15pm Get ready for bed
7:30pm Reading with a parent
8pm Bed

## sample 3:

6:30am Wake up | Get Dressed
7am Breakfast | Clean up kitchen
7:30am Play
8:30am Chores
9:30am Outside play | Snacks
10:30am Independent play
11:30am Lunch | Clean up
12:30pm Nap
2:30pm Park | Exercise | Outside time
4pm Screen time | Cook dinner
5:30pm Dinner | Family time
6:30pm Bedtime routine
7pm Bed

## gample 2:

Wake up | Eat breakfast | Get ready
8:30am Activity lesson
9:15am Park time
10am Play time at home
12pm Lunch
1:30pm Nap time
4:30pm Wake up \| Snack
6pm Dinner
7:30pm Bath
Bedtime routine | Books |
Prayers
8:30pm Bedtime

## sample schedule 4 To 5 yearr

## gample 1:

Wake up | make bed | Eat breakfast

10am Independent play
12pm Lunch
$\mathbf{1 p m}$ Rest time in room

3pm Snack | Free play

5:30pm Dinner

6:30pm Bath | Stories | Bedtime routine

7:30pm Bed
gample 3:
Wake up | Eat breakfast | Get ready

Zam Go to school
3:30pm Return home | Eat snack | Do homework

4:30pm Do chores

5:30pm Eat dinner

6:30pm Bedtime routine
gample 2:
Wake up | Make bed | Get
6am dressed
6:30am Breakfast | Chores
7:30am Free play
9am Screen time
10am Independent play | Snack
12:30pm Lunch
1:30pm $\begin{aligned} & \text { Rest tim } \\ & \text { desired) }\end{aligned}$
3pm Snack | Free play
5:30pm Dinner
6pm Bath | Bedtime routine
7pm Bed

# family quotes and memories <br>  




# self-care journoll promnts 

1. Make a list of 10 things you do to relax.
2. Where do you feel safe \& loved?
3. When I was a child, I wished...
4. My favorite book of all time and why.
5. Describe your perfect morning.
6. Brainstorm 3 new things you want to try.
7. Write down 10 things you love most about yourself.
8. What are two things that make you feel most happy and fulfilled right now?
9. What can you change to focus more on your wellness?
10. Five things you want to do more often.
11. What would you do if money was over abundant?
12. Your life in 20 years.
13. Which part of your life are you most happy with?
14. What makes you feel loved and cared for?
15. Describe three words others would use most to describe you.
16. Money, family, health how do you prioritize these three things?
17. What is the single best decision you've made this month? This year? In your life?
18. What is something you miss from a time in your past?
19. List your 5 all-time favorite movies and why.
20. What are your three strongest qualities?
21. Write out things you forgive yourself for.
22. Write yourself a thank you letter.
23. I feel the most grounded when...
24. Today I learned....here's how it helped me grow...
25. Three things I look forward to accomplishing and here's how I'll do it.
26. How can you minimize stress?
27. What emotions are you currently struggling with?
28. Are you getting enough sleep? How can you get more?
29. What is something negative or toxic I can do without today?
30. What do I deserve to feel more healthy?
31. What are some ways you can add more movement into your day?
32. Describe a dream you had recently.
33. What puts you in a good mood?
34. What is your perfect evening routine?
35. When you think about happiness what is the first thing, event, dream or person that comes to mind?
36. Who do you need to forgive?
37. Write down reasons you trust yourself.
38. How do your kids inspire you?
family meal foworites

Meatless Mondays
Taco Tuesdays
Italian Wednesdays
Slow Cooker Saturday
Slow Cooker Sunday
Breakfast for Dinner Night
Homemade Pizza Night
Instant Pot Night
Grill Night
Italian Night

Soup and Salad Night
Chicken Night
Healthy Take Out Night
Fish Friday
Pasta Night
Rice Night
Soup Night
Egg Night
Chili Night
other ideas:
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## morning routine brainglorm

## $\bigcirc$ Get drink of choice and breakfast

$\bigcirc$
Spend time in devotion or prayer
$\bigcirc$ Make bed

$\bigcirc$
Get dressed

$\bigcirc$
Plan out the day (or refer to the day's plan)

Prioritize the to do list (remove unessential things)

# evening routine brainglorm 

Review to do list for tomorrow
$\bigcirc$
Do a "brain dump" to clear your head

Pick out tomorrow's outfit

Prepare for tomorrow morning (e.g. set out breakfast)

Do an evening sweep and tidy common areas

Turk off screen at least 30 minutes before bedtime

Read a book or do another relaxing activity

# tidy routine broinglorm 

Wipe down mirrors with a glass cleaner

$\bigcirc$
Wipe down bathroom counter tops and sinks

$\bigcirc$
Scrub the toilet bowl

Wipe kitchen counters

$\bigcirc$
Set dishwasher on self-cleaning cycle
$\bigcirc$
Microwave your wet kitchen sponge with essential oils to kill bacteria and clean the microwave

$\bigcirc$
Shake off the welcome mat
project planning it



