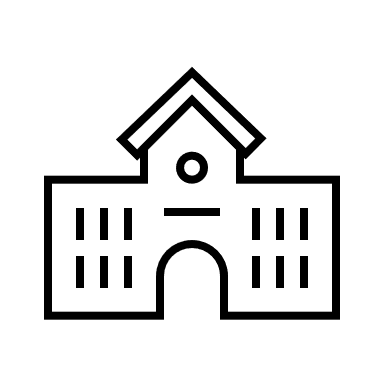
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Create a consistent bedtime routine for your child. Have a schedule of tasks you do before bed. Example: Put pajamas on, brush teeth, read a book, goodnight song. | Once in the classroom, your toddler will brush their teeth after meals. Have him practice brushing his own teeth after every meal. | Have your toddler use a fork and spoon when eating. They will use utensils in the classroom during mealtime. | Wash hands often. Your child will be washing their hands after many daily transitions in the classroom. | Provide time and opportunities for your child to practice putting on and taking off their coat, hats, gloves, and shoes. | Your toddler will have a rest time in preschool. Designate a “quiet time” in your daily home routine. | Find opportunities for your child to play with other children their age. This will help introduce your child to new friends and experiences |
| Heart outlineBrain outline | Heart outlineBrain outline | Run outlineHeart outline | Heart outlineBrain outline | Heart outlineRun outline | Heart outline | Run outlineHeart outlineThought bubble outline |
| PAT Handout: **Routines and Your Baby** | Pat Activity:  **What My Body Can Do** | Pat Activity:  **Pretend Tea Party** | Pat Activity:  **What My Body Can Do** | Pat Activity:  **Dressing Teddy** | Pat Activity:  **My Space** | Pat Activity:  **Ball Play** |
| Clock with solid fill \_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 5 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated:10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 10 minutes | Clock with solid fill\_\_\_\_\_\_\_\_\_\_\_  Estimated: 15 minutes |

A picture containing text

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