## Work from home mom schedule

7:00-8:00	Wake up and toss in a load of laundry Eat breakfast together	
	Kids free play Work from home	8:00-9:00
9:00-10:30	Kids activities/ worksheets/ indoor exercise Work from home	
	Snack time Break/unload laundry	10:30-11:00
11:00-12:00	Kids arts and craft time Lunch preparation	
	Lunch together Clean up/load the dishwasher	12:00-1:00
1:00-3:00	Kids free play / Nap time / quiet time Work around nap and break time	
	Snack time	3:00-3:30
3:30-5:00	Kids free play Outdoor activities	
	Dinner preparation Eat dinner together	5:00-7:00
7:00	Kids bedtime routine Kid free work time	