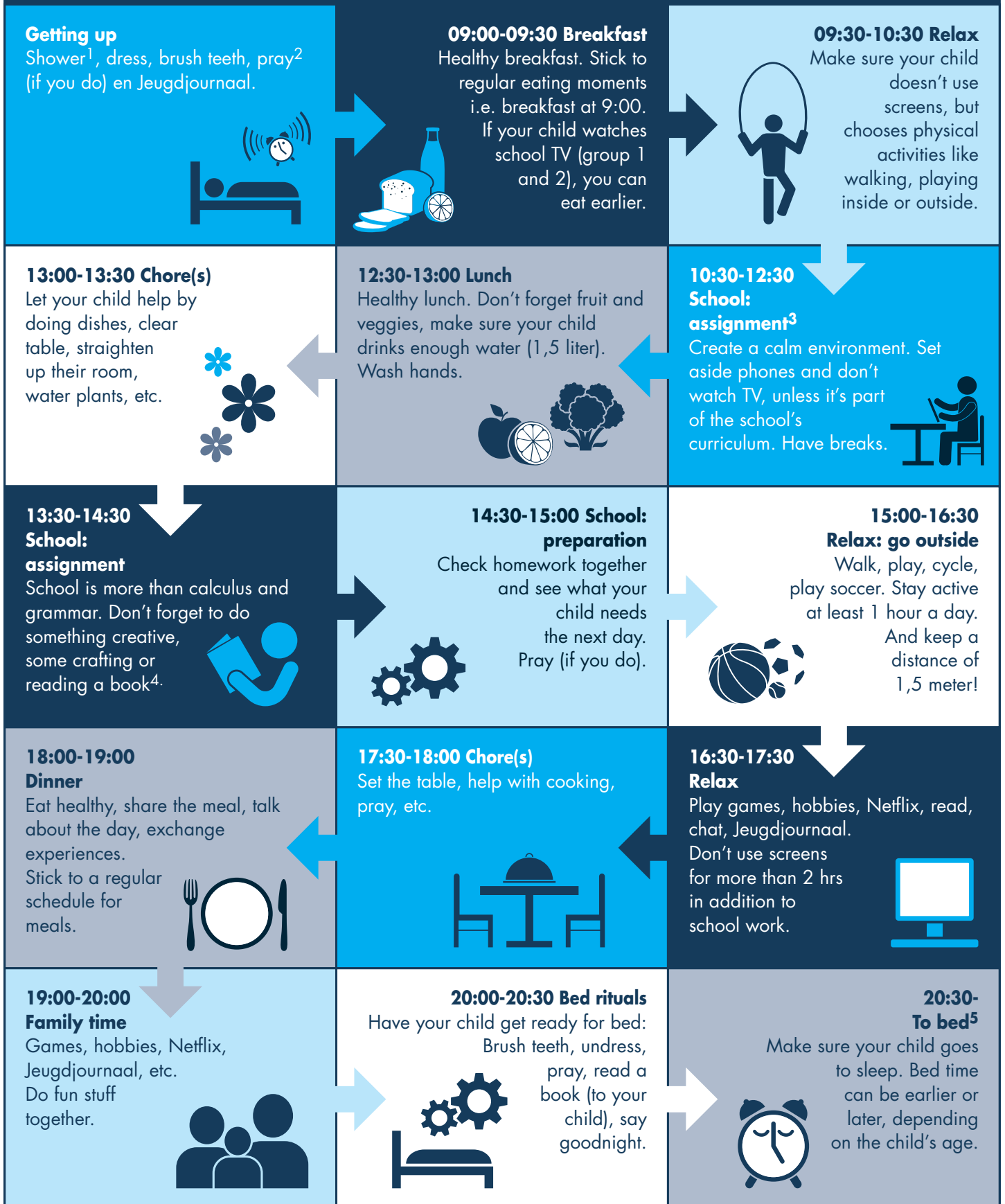


# Daily schedule during corona - for parents of children between 6 and 12



This is a tool to help you create your own daily schedule. You can adapt the schedule to your own situation at home.

[www.triaspedagogica.nl](http://www.triaspedagogica.nl)

- Whether your child showers in the morning or at night, is up to you.
- Are you muslim and do you pray? Then it's practical to arrange your schedule around praying times.
- If you cannot help your child with homework, find someone who can help you (online).
- Some schools lend out books and you can find cheap (1 cent!) or free books [online!](#)
- Children age 6 need 10,5 hrs of sleep. Children of 8 need 10 hrs, children older than 10 need 9,5 hrs and children between 12-18 need 9 hrs of sleep.

*This schedule has been made by Abdallah Mehraz with his 8 year old son.*