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

Getting up

Shower¹, dress, brush teeth, pray² (if you do) en Jeugdjournaal.



09:00-09:30 Breakfast

Healthy breakfast. Stick to regular eating moments i.e. breakfast at 9:00. If your child watches school TV (group 1 and 2), you can eat earlier.



09:30-10:30 Relax

Make sure your child doesn't use screens, but chooses physical activities like walking, playing inside or outside.

13:00-13:30 Chore(s)

Let your child help by doing dishes, clear table, straighten up their room, water plants, etc.



12:30-13:00 Lunch

Healthy lunch. Don't forget fruit and veggies, make sure your child drinks enough water (1,5 liter). Wash hands.



10:30-12:30 School: assignment³

Create a calm environment. Set aside phones and don't watch TV, unless it's part of the school's curriculum. Have breaks



13:30-14:30 School:

assignment

School is more than calculus and grammar. Don't forget to do something creative, some crafting or reading a book⁴.



14:30-15:00 School: preparation

Check homework together and see what your child needs the next day. Pray (if you do).

15:00-16:30 Relax: go outside

Walk, play, cycle, play soccer. Stay active at least 1 hour a day. And keep a distance of 1.5 meter!



17:30-18:00 Chore(s)

Set the table, help with cooking, pray, etc.



16:30-17:30

Relax

Play games, hobbies, Netflix, read, chat, Jeuadjournaal.

Don't use screens for more than 2 hrs in addition to school work.



18:00-19:00 **Dinner**

Eat healthy, share the meal, talk about the day, exchange experiences.

Stick to a regular schedule for meals.

19:00-20:00

Family time

Do fun stuff

together.

Games, hobbies, Netflix,

Jeugdjournaal, etc.



20:00-20:30 Bed rituals

Have your child get ready for bed: Brush teeth, undress,

pray, read a book (to your child), say goodnight.

20:30-To bed⁵

Make sure your child goes to sleep. Bed time can be earlier or later, depending on the child's age.



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

- Whether your child showers in the morning or at night, is up to you.
- Are you muslim and doyou 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.



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

