**Tips and Tricks for Days Indoors**

1. **MAINTAINING A SCHEDULE WHILE CHILDREN ARE AT HOME IS KEY!** 
   1. Keeping children on their normal schedule when at school or daycare is key to easy transitioning when it is time to go back.
   2. Sample Schedule for Toddler and Preschool Age
      1. Breakfast (7:00 AM – 9:00 AM)
         1. Provide options like what they would eat at daycare
            1. Cereal and milk
            2. Waffles
            3. Pancakes
            4. Grits
            5. Fruit
            6. Milk or water to drink
      2. **Morning Activity 1** (9:00 AM-10:30 AM)
      3. Morning Snack (10:00 AM – 11:00 AM)
         1. This is optional and depends on the time they eat breakfast!
            1. Fruit
            2. Crackers
      4. Lunch (11:30 AM – 12:30 PM)
         1. Sandwich/chips
         2. Noodles
         3. Leftovers of your choosing
      5. **Activity 2**
      6. **Activity 3**
      7. Afternoon Snack (4:00 PM)
         1. Chips
         2. Crackers
         3. Cookies
         4. Fruit
   3. A screenshot of a cell phone

      Description automatically generatedSample Schedule for School Age

**Age Appropriate Activities**

1. **Toddlers**
   * + - 1. Construction paper shapes

Instructions: Cut out different shapes and colors to help with cognitive development.

Cut out 2 of each shape and create a matching game.

* + - * 1. Index cards with letters and shapes

Use different color markers to double the learning potential!

* + - * 1. Ball activities

Rolling or catch

Set up a laundry hamper to serve as a hoop

* 1. Coloring
     1. This can be entertainment for child and a relaxing activity for parents. Also, this allows you to spend quality time together and make something to keep.
  2. Youtube: Cocomelon
     1. **School Age**
        1. Numbers and Reading
           1. Different colors around the home
           2. “I Spy” around the house
        2. Cup staking
           1. Instructions: use plastic cups to stack in a pyramid shape and restack them on top of each other. Helps with cognitive and gross motor functions.
        3. Toy Sorting
           1. Have them dump out all the toys and sort them according to color and toy.
     2. **Teenager** 
        1. Complete any schoolwork that was assigned.
        2. Closet Cleanout
        3. Future planning
           1. College/Trade research
           2. Make a dream board or vision board

**Resources for Mom**

* NA 24hr Hotline: (866)523-1421
* Free Counseling Hotline: 855-264-7704
  + Text CONNECT to 741741