


# *Daily Schedule* for Stay at Home Mom



Wake up and have quiet time  
Take shower and get dressed  
Get kids up  
Breakfast  
Get kids dressed  
Throw in a load of laundry  
Clean up kitchen  
Chore \ Errands  
Snack and break  
Put laundry in the dryer  
Play time together  
Lunch  
Read and Nap \ Fold and put away clothes  
Mom rests, time for hobby or work  
Snack and Break  
Independent play time \ Prep supper  
Supper  
Clean up kitchen  
Family Time  
Bath time  
Put kids to bed  
Quick tidy of main living areas  
Time with husband