

Daily 12-18 M SCHEDULE INDOOR



1. Morning Routine

- 05:00 a.m. MILK 
- 08:00 a.m. WAKE UP & GET READY
- 08:20 a.m. BREAKFAST, SELF-FEEDING PRACTICE
- 09:00 a.m. INDOOR ACTIVITIES 
- 10:00 a.m. SNACK 
- 10:00 a.m. INDOOR ACTIVITIES
- 11:00 a.m. MORNING NAP TIME 

2. Afternoon Routine

- 12:30 p.m. LUNCH
- 01:30 p.m. INDOOR ACTIVITIES
- 02:30 p.m. SNACK
- 03:30 p.m. AFTERNOON NAP TIME 
- 04:30 p.m. SNACK
- 04:45 p.m. INDOOR ACTIVITIES

3. Evening Routine

- 06:00 p.m. DINNER
- 06:45 p.m. INDOOR EVENING ACTIVITIES 
- 07:30 p.m. BATH TIME
- 07:50 p.m. GETTING READY FOR BED
- 08:00 p.m. BEDTIME STORY & MILK
- 08:30 p.m. GOODNIGHT! 



Quick & Easy 1-YEAR-OLD MEAL IDEAS

BREAKFAST < 5 MIN

1. Oatmeal
2. Oatmeal Pancakes
3. Banana-yogurt-oatmeal

LUNCH < 30 MIN

1. Meatball Soup
2. Chicken Soup
3. Honey Pasta

DINNER < 15 MIN

1. Salmon Potato Soup
2. Zucchini Frittata
3. Oatmeal

Must-Do

DAILY ACTIVITIES

MUSIC & EXERCISE

1. Nursery Rhymes
2. Musical toys
3. Walking practice

GROSS MOTOR

1. Chasing Bubbles
2. Ball Activities
3. Balcony or window

LANGUAGE & LITERACY

1. Baby Books
2. Reading together

SIMPLE MATH

1. Shape sorters

FINE MOTOR

1. Opening/Closing bottles, scribble
2. Self-feeding
3. Holding toys

SENSORY

1. Sensory Activities
2. Light Activities

PRACTICAL LIFE

1. Helping with laundry
2. Dusting
3. Self-feeding

SNACK    