

# SCHEDULE vs ROUTINE

## Schedules:

Can be rigid

Inhibit flexibility and individuality

Can lead to power struggles

Lack choice

7:00 AM	Wake up
8:00 AM	Breakfast
9:00 AM	Free Play
10:00 AM	Snacktime
11:00 AM	Playtime: Art
NOON	Lunch: Hotdogs
1:00 PM	Walk Downtown
2:00 PM	Nap
3:00 PM	Snack time
4:00 PM	Free Play
5:00 PM	Playtime: Blocks
6:00 PM	Dinner
7:00 PM	Storytime: Dogs!
8:00 PM	Bedtime
9:00 PM	
10:00 PM	

Wake up  
Breakfast  
Playtime  
Lunch  
Nap  
Playtime  
Dinner  
Bedtime

Sunrise

Morning

Noon

Afternoon

Evening

Sunset

Night

## Routines:

Develop self-control

Build Attachment

Reduce Power Struggles

Guide positive behavior

Help children cope with transitions