



Almost Mom

State of Texas Licensed Home Child Care

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Daily Schedule

Child's Name: _____

Parents often tell their providers that their child is not really on a schedule. That their child just eats and sleeps when the child want. Usually that is not really accurate. Children are pretty consistent on when they are tired or hungry even if we adults do not see the pattern.

Each child is an individual and until we get to know him/her we ask that the parents provide Almost Mom with the schedule you have used at home. This schedule should include how much your child drinks and eats during the day and when, when a nap takes place and for how long and when your child wakes up in the morning. When the infant is able, we will convert him/her to the schedule used by Almost Mom for all the infants

This might help you in informing me of your child's daily routine. For couple of days (like over a weekend) record what your child is doing during the times listed below.

5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	
1:00 AM	
2:00 AM	
3:00 AM	
4:00 AM	