

## Consider something like this to begin on a Sunday night:



- At dinner, have a **one-time discussion** about the new House Schedule protocol.
- After dinner, **each family member makes and shares a list** of what they have scheduled for Monday and what needs to be accomplished. Then, each family member shares it - this is critically important to get everyone on the same page about individual work that needs to be done and to set proper expectations.
- **Collaborate** on the scheduled priorities and **set scheduled breaks**, similar to what kids have at school - like a morning recess, lunch and an afternoon break. Pending parental needs, maybe Mom does morning "recess" and Dad does afternoon "break" where you can stretch or go for a quick walk (something beneficial to both parties is a great use of this time), or you can set a block of time for kids to do a brainless/relaxing/fun activity on their own inside or outside for 20 minutes, setting a timer if helpful. Parents should set their own breaks to help maintain focus throughout the day if you can't do these breaks together.
- **Schedule lunch.** Lunch together is ideal whenever possible, as it will give kids a little bit of your time (social activity) before they go back to being on their own, but as long as it's scheduled for children around the same time every day, that's great too. Parents should discuss who will handle breakfast/lunch making - maybe this is the same everyday (pending scheduled calls, etc.)?
- Discuss what **preparations** need to be made tonight (*and discuss why*), in order to be prepared for tomorrow. Each family member then takes 15 minutes to go make those preparations (set a timer!). Reconvene after the 15 minutes and each family member shares **how** they've prepared for Monday. This will help your kids to realize that everyone has their own responsibilities which will help these habits stick. There are lots of real-life learning opportunities in the *why* and *how* sharing, but it will also give your kids an understanding of why parents need uninterrupted time too. Since the kids will have their own schedule for the day now, they should (for the most part) be pretty self-sufficient.
- Discuss what happens **when school ends** - this could be homework, puzzles etc. and should, ideally, be done in your kids' rooms until the workday is done for *everyone*. Sticking to this general rule will be incredibly helpful, but there's obviously room for flexibility if Mom or Dad is done early to, maybe, go do something outside together so that the other parent can continue to work - or perhaps one parent transfers to a work area with privacy while "after-school" happens indoors.
- Discuss what time everyone will **wake up** and what time **breakfast** will be (just like you would if the kids were in school).

## Monday (and daily thereafter for the week):

- **Everyone adheres to what was established** the night before, with kids and parents working in separate areas.
- **At the end of the day, it's time to go outside**, play a game or do something together (again, if one parent has to continue to work, they should shift to a private area with specific instructions for children). This is *critical social time* which your children no doubt desperately miss!
- Over dinner, **briefly review all lists** and what was accomplished. And maybe each person mentions something they are grateful for. This will celebrate and build positivity for the teamwork that is being done every single day (which can certainly feel like a week sometimes!).
- After dinner, **each family member makes and shares a new list** for Tuesday and the same steps are taken: lists made, breaks set, preparations made, "after school" planned, wake-up time/breakfast set.



## DINNER CHEAT SHEET:

- **At the end of every work/school day**, go outside or play a game or do something together for social time.
- **Over dinner, briefly review the day's lists.** What was accomplished? What are you grateful for? Build positivity.
- **After dinner, each family member makes and shares a new list.** What do you have scheduled for tomorrow? What needs to be accomplished?
- **Collaborate** on scheduled priorities and **set scheduled breaks.**
- **Schedule lunch.**
- **Discuss preparations** to be made tonight (discussing *why*); each family member takes **15 minutes** to go make those preparations (set a timer); reconvene and each family member shares *how* they've prepared for tomorrow.
- Discuss what will happen **when school ends.**
- Discuss **wake up/breakfast time.**

In the morning, everyone adheres to what was established the night before, with kids and parents working in separate areas. Don't forget to love on and appreciate each other a little more during this crisis!