

# Mom or Dad

## Sample Weekday Routine with Homeschooling & Working from home

(This isn't ideal but for 2 months, would get the job done. This is similar to what I did when I was [writing my book](#). It was crazy but it worked for a short time.)

		Work Hours
5-7:30	Work	2.5
	Breakfast	
8-10/11	Homeschool – get everyone started, help with questions, do lessons that require help first. Kids finish up with independent work (ex. Reading).	
	Work Window – depends on age and independence of kids. 1-2 hours.	1
	Lunch – At lunch, ask kids about what they read, learned that morning. This is “oral narration” as they organize thoughts and will help improve their writing.	
1-4	Work – while kids rest/nap – Use TV/video time after nap if needed.	3
	Dinner	
6-8	Work – while spouse watches kids or they play	2
	Bedtime – Read Aloud at bedtime (or use audible.com) This completely counts as school.	
	Bed	
		8.5 hrs

Modify this list to fit your family's and child's needs.

