

# Stay at Home Mom Schedule



**6:30 am - 7:30 am:**  
**Wake up & quiet time  
before kids wake up**



**7:30 am - 9:00 am:**  
**Morning routine with  
kids**



**9:00 am - 12:00 am:**  
**Household errands and  
personal projects**



**12:00 pm - 1:00 pm:**  
**Lunch Prep**



**1:00 pm - 3:00 pm:**  
**Quiet time/nap**



**3:00 pm - 5:30 pm:**  
**Afternoon play or crafts**



**5:30 pm to 8:00 pm:**  
**Family dinner and  
evening routine**



**8:00 pm - 10:00 pm:**  
**Bedtime for kids and 'Me'  
time for mom**