

# PARENT/CAREGIVER CALENDAR

	Sunday Date:	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	To-Do List
6:00								
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Add meetings, appointments, and other events that require your full attention. Work with other caregivers, if available, to create work shifts. Include technology as needed. Incorporate time for breaks alone and as a family (brief exercise, going outside for fresh air, virtual hangout, playing a game, reading). Spend time each day engaging in child-directed play (letting your child pick an activity and following their lead). Consider 10 minutes 1-2 times a day and let your child know that this is your time together to do an activity. This can create much needed connection for children during this period. Be flexible as needed.

**EMORY**  
HEALTHCARE

Veterans Program