

My weekly schedule

Before the week begins, create a schedule of activities you enjoy or which will bring you satisfaction and reward through this time of caring for a young child. Think of activities that are aligned with your values – and which take you outside your home as much as possible (since the interior of our homes are low-sensory for babies!) For example, plan activities which help you be the parent that you want to be, bring your baby rich sensory nourishment, bring you into social contact, help you care for yourself, get your body moving, or help you care for your important relationship/s.

It's best to start with very small, achievable steps. Be flexible, too, as your plans may change or things might not work out as you intended. But don't wait until you *feel* like doing the things you've scheduled – anchor yourself in the present moment and take one tiny step, and the next, and the next, towards a rewarding life.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			