

**What do you do
during a day?**

Time

**Do I know
what that
involves?**

Assignment

Day:

Time	Now What do you do now?	With a child What are the additional things you should do when there is a child?
Morning		
06:00 am to 07:00 am		
07:00 am to 08:00 am		
08:00 am to 09:00 am		
09:00 am to 10:00 am		
10:00 am to 11:00 am		
11:00 am to 12:00 am		
Afternoon		
12:00 pm to 1:00 pm		
1:00 pm to 2:00 pm		
2:00 pm to 3:00 pm		
3:00 pm to 4:00 pm		
4:00 pm to 5:00 pm		
5:00 pm to 6:00 pm		

Day:

Time	Now What do you do now?	With a child What are the additional things you should do when there is a child?
Evening		
6:00 pm to 7:00 pm		
7:00 pm to 8:00 pm		
8:00 pm to 9:00 pm		
9:00 pm to 10:00 pm		
10:00 pm to 11:00 pm		
11:00 pm to 12:00 am		
Night		
00:00 am to 01:00 am		
01:00 am to 02:00 am		
02:00 am to 03:00 am		
03:00 am to 04:00 am		
04:00 am to 05:00 am		
05:00 am to 06:00 am		