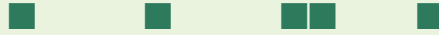


Two-Kid Daily Rhythm Planner

A flexible daily framework for moms of 2 under 2

Not a schedule. A survival map.



What's inside

- **Daily Rhythm Template**
Morning, afternoon & evening blocks for baby + toddler
- **Overlap Finder**
Spot your double-nap window and protect it fiercely
- **Weekly Rhythm Overview**
See the whole week — and track what shifted
- **Survival Mode Guide**
What to do when the rhythm falls apart completely
- **Rhythm Tips**
What actually works for 2 under 2

How to use this planner

1. Print once and laminate, or fill in digitally on your phone.
2. Use pencil — rhythms shift every few weeks. Imperfect is fine.

My family

Baby name: _____ Toddler name: _____ Week of: _____

Baby born: _____ Toddler born: _____

Daily Rhythm Template

Fill in your timings — this is a rhythm, not a schedule. Pencil works best.

- Baby
- Toddler
- Both napping
- Your window

■■ MORNING	■ AFTERNOON	■ EVENING
~5:30–7am ■ Wake + first feed Baby feed / change	~11am–12 ■ Toddler lunch Baby in bouncer nearby	~5–6pm ■ Baby nap 3 Short nap — do not skip
~7–8am ■ Toddler wakes Breakfast together	~12–2pm ■ OVERLAP NAP Both napping — protect this time	~5:30–6pm ■ Dinner prep Toddler at table or playing nearby
~8–9am ■ Baby awake window 1 Tummy time / play mat	~2–3pm ■ Baby awake window 3 Toddler quiet time	~6–7pm ■ Toddler bath + bed Baby awake but calm
~9–10am ■ Baby nap 1 Toddler activity or your window	~3–4pm ■ Snack + outdoor Baby in carrier or on mat	~7–8pm ■ Baby wind-down Evening feed + settle
~10–11am ■ Baby awake window 2 Feed + interaction	~4–5pm ■ Baby awake window 4 Toddler screen time (guilt-free)	~8pm onwards ■ Evening Your time. Rest.

■ The overlap nap window is the most important block in your day. Do not schedule anything during it.

Overlap Finder & My Rhythm

Fill in your actual timings. Find where both kids sleep at the same time.

■ Overlap Finder — Where do BOTH kids sleep?

Fill in start/end times for each nap below. Circle where they overlap.

6am 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8pm

Baby nap 1

Baby nap 2

Baby nap 3

Toddler nap

■ **My overlap window:** _____ to _____
During this time I will: _____

My Rhythm — fill in your actual times

Update whenever baby drops a nap or schedule shifts (every 4–6 weeks).

■ Baby's rhythm

Wake + feed 1 _____

Nap 1 (from → to) _____

Feed 2 _____

Nap 2 ■ (from → to) _____

Feed 3 _____

Nap 3 (from → to) _____

Evening feed _____

Bedtime _____

■ Toddler's rhythm

Wake time _____

Breakfast _____

Morning activity _____

Lunch _____

Nap ■ (from → to) _____

Afternoon snack _____

Dinner _____

Bath + bedtime _____

Weekly Rhythm Overview

Note what shifted. What worked? What needs adjusting next week?

MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES

■ **This week's wins**

■ **What was hard**

■ Survival Mode Guide

For when the rhythm falls apart. This happens. Here's what to do.

■ Neither kid will sleep

- Drop all expectations. Survival mode is valid.
- Baby in carrier — movement works when nothing else does.
- Toddler gets screen time. This is not failure. It's triage.
- Get everyone outside for 15 minutes if possible.
- The rhythm resumes tomorrow. Today is just getting through.

■ Both crying at the same time

- Baby safe first — crib, bouncer, floor. Baby can cry briefly.
- Get on the floor with your toddler. No words needed yet.
- Say: "I hear you baby — I'm coming now."
- Go to baby. You're calmer now. That changes everything.
- Use the Both Kids Are Crying tool for step-by-step guidance.

■ Someone is sick

- Sick day rhythm: feed, contain, screens, sleep. Repeat.
- Sick baby: carrier all day. Toddler gets independence.
- Sick toddler: one-on-one time, adjust nap expectations.
- You're sick: text one person before you hit rock bottom.
- The rhythm is suspended. Rest is the new plan.

■ Everything is off — no idea why

- Check basics first: last feed, nap, teeth, temperature.
- Some days are just hard with no reason. Not your fault.
- Lowering the bar is not giving up. It's strategic.
- Get outside for 10 minutes. It often shifts something.
- This will pass. You've made it through every hard day so far.

"Surviving today is enough. The rhythm will come back."

My Umka · 2 Under 2 Survival Bundle

Rhythm Tips + Evening Reset Checklist

What works for 2 under 2 — and the 5-minute evening wind-down.

■ What works for 2 under 2

The overlap nap is sacred

Do not schedule anything during the time both kids sleep. Not laundry. Not calls. You. Only.

Lead with the toddler

Toddler's routine anchors the day. Baby adapts more easily than you think.

Screen time is a tool

30 minutes of TV while you settle the baby is strategic parenting. Use it.

Prepare the night before

One outfit laid out, one meal prepped. 5 minutes at night saves 30 minutes of chaos.

Lower the bar radically

Both kids fed, safe, rested = a good day. Everything else is a bonus.

Rhythms shift every 4–6 weeks

As baby drops a nap, the whole day needs updating. Normal. Not failure.

■ Evening Reset Checklist — 5 minutes, every night

Tick what you managed. Leave the rest. Tomorrow is a new rhythm.

Tomorrow's basics

- One toddler outfit laid out
- Baby bag restocked
- Snacks accessible / prepped
- First meal of tomorrow decided
- Bottles washed and ready

Evening logistics

- Baby monitor charged
- My phone charged by bed
- Early morning prep done
- Nappy supplies restocked
- Tomorrow's plan roughly set

Mental reset

- One thing that worked today
- One thing to try differently
- Something I need help with
- Permission: not perfect today
- I did enough. I am enough.