



# WEEKLY FAMILY PLANNER



Use this planner to help you map out your daily and weekly schedules with your children. Remember to include down time for you and quiet time for your kids. Be sure to include healthy activities such as reading, playing games and exercise. If you need help, Mura Kosker Sorority are available on 4069 1663 or via [admin@murakosker.org.au](mailto:admin@murakosker.org.au) - KEEPING OUR FAMILIES SAFE AND STRONG.

	MONDAY _/_	TUESDAY _/_	WEDNESDAY _/_	THURSDAY _/_	FRIDAY _/_	SATURDAY _/_	SUNDAY _/_
7am - 8am							
8am - 9am							
9am - 10am							
10am - 11am							
11am - 12pm							
12pm - 1pm	Parents Time Out	Parents Time Out	Parents Time Out	Parents Time Out	Parents Time Out	Parents Time Out	Parents Time Out
1pm - 2pm							
2pm - 3pm							
3pm - 4pm							
4pm - 5pm							
5pm - 6pm							
6pm - 7pm							
7pm - 8pm							
9pm - 10pm	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down	Parents Self-Care/ Wind down
10pm - 7am	Quiet Time - Everyone should be in bed asleep						

Emergency and support contacts: TRIPLE ZERO (000) for Emergency Assistance = 07 4069 1520 Thursday Island Police = 1800 551 1800 Kids Helpline = 1800 811 811 DV Connect Women's Helpline = 1800 600 636 DV Connect Men's Helpline = 07 4069 1336 Lena Passi Women's Shelter