

A General Daily Schedule for FLDS Children Ages 2-6 Years

This is a general outline of the daily routine of our children. We always take into consideration the individual character of each child, being sensitive to their feelings and needs. Some children are able to do more than others, physically and mentally. We adapt this schedule to each child's needs, and strive to be as consistent as possible, as circumstances will permit. Every family's schedule varies according to the circumstances of the family, so the actual time for each activity may vary. This is just a general outline. The purpose of this outline is to briefly show what our children are accustomed to doing each day.

5:00 am Early Morning Duties: Children are awakened with a cheerful "Good morning," They say their private prayers with mother helping, get dressed and comb hair.

5:30 am Loving to Bless: After they are dressed and combed, children may have time to read or listen to a few good words read from a religious book, help brothers and sisters get ready for the day, or help get breakfast ready.

6:00 am Family Prayer Time: Children are gathered together, sing and pray, then read a sermon of Leroy S. Johnson, (usually 20 to 30 minutes.)

6:30 am Breakfast: Breakfast usually consists of flaky oatmeal mush with milk, raisins, and honey, also eggs cooked in various ways, a variety of fruit, etc., -- all depending on the individual needs of each child. Mothers are right there to help serve the children, fill the children's needs, and teach the children to say "please" and "thank-you". Mothers help children choose the foods that are good for them.

7:00 am Breakfast Clean Up: Children help mothers wash, wipe, and put away dishes. Mothers are watchful and children are taught to carry the glass dishes carefully, stay away from the hot stove, etc. The children also learn to be grateful for the blessing of food by not wasting, conserving and preserving the foods they are given; always with a mother near to supervise and help.

7:30 am 10:00 am: General Activities: Children who do not go to school have a variety of jobs they do throughout the morning hours. They may do household chores, such as: clean bathrooms, dust furniture, sweep floors, wash and fold laundry, wash doorknobs and straighten bookshelves, etc., or they may do outside activities, such as: weeding flower gardens, watering gardens, sweeping sidewalks, building stools, picking up trash, etc. A mother is always nearby. The mothers are very patient and understanding, giving the children room to learn and grow. Mothers strive to explain each situation as clearly as possible to the children, and the children – feeling the love in the mother's tone of voice, her actions, and smiles – love to respond. Young children do not have a long attention span so mothers gently guide them from job to job, activity to activity, so that the children do not grow bored but are sweet and happy.

10:00 am Morning Snack Time: For the children in general they are given a snack around this time. Each child has their individual needs. Some children may need two snacks or even three, others may need only a small snack. Children are taught to eat only what they need and not gorge themselves. Mothers help them get their snacks and often tell them stories while the children eat. Children enjoy being with other children, and often 'snack time' is the time when groups of children join together and learn how to share and get along with each other.

10:30 am Naptime: Growing children need naps. They are laid down in their own beds for a certain amount of time each day. The length of time depends on the individual needs of each child. Some children need more sleep than others. Children like to hear true stories before they go to sleep, and often listen to gentle music. Never are children told of witches and ghosts. The mothers and caretakers never threaten that some creature will get the children. Mothers and caretakers will often leave a nightlight on somewhere in the room or bathroom so children will have no need to worry about being scared of the dark.

12:00 pm Lunch Time: Children develop stability and self confidence when their schedule is consistent. Children who have meals on time, go to bed on time, etc., will naturally develop a self confidence where they know what comes next and what is expected of them.

Children are taught to eat natural foods such as fruits and vegetables, etc. Mothers and caretakers think that a child's diet is very important. Those who cook the food for the children are careful to make the food simple, yet tasty and delightful. Processed foods, refined sugars, white flour, etc., have not been a part of the children's diet. They have been accustomed to whole wheat, home-made bread; honey, molasses, and pure maple syrup for sweeteners; fresh fruits and vegetables; natural fruit juices, etc. They do eat cookies, chips, ice cream, etc., with mothers carefully helping the children learn to govern their appetites.

12:45 pm Clean-up: Children enjoy doing dishes, clearing tables, sweeping floors, etc., when they are with their mother, caretakers, brothers and sisters. When the adults make it fun and exciting, the children are willing to help and do whatever they are asked.

1:00 -- 3:00 pm General Activities: Consistent, sweet mothers will be thinking ahead. Children will have certain activities assigned to them to do each day, such as: practice the piano or violin, sewing, knitting, wood working, building skills, etc. Learning many different skills and talents helps the children's characters grow and strengthens their ability to cope with the many different circumstances of life. Mothers and caretakers work together with those who know these skills, and make learning as exciting and inviting as possible.

3:00 – 4:00 pm Preschool: It is very important to FLDS parents that their children be well educated in the necessary skills needed to make a living and become a useful people. Although this may not be the actual time of day every mother has her children do preschool, it gives a general idea of what the children are being taught. Math, Phonics, Reading, Science, etc., are taught to the children. These children are very intelligent and learn quickly. Mothers do not just dump out toys and leave the children to play. The children are taught activities that enlarge their horizons. Children become very selfish, self-centered and irritable when they play with toys all day. An occasional time of throwing balls, working with molding clay, going for a walk, jumping on a trampoline, swinging, reading nature books, etc., are also needed for the growth of healthy children. FLDS parents strive to only put the truth before their children, leaving out the fairy tales, cartoons, television, etc. Our motives are to raise our children to be honest, true, chaste and benevolent, God-fearing, American citizens.

4:00 pm Preschool Singing: Music is such an important part of raising children. These children are accustomed to singing together. Preschool singing time is unique because it is a time where the children can sing out with all their might. Other singing times are more religious times, and children are taught to sing as though every song is a prayer unto God. This singing time is a time where they sing lighter and more lively tunes, march in line, and do simple actions. Singing together is a highlight in the lives of the children.

4:15 pm Surprises and Fun Times: Writing letters to friends, visiting grandparents, getting wet outside in the sprinkler, making cookies to take to the neighbors, are just a few of the activities these children do when their daily jobs are done. Going for a ride to see the baby calves, walking to the chicken coop to see the baby chicks are so exciting to the children, just simple sweet joys of childhood.

5:00 pm Dinner Time: Busy, healthy children are very hungry, come dinner time. Mashed potatoes with butter, salt, and sour cream; tender turkey cooked just right; and flaky rolls with jam; topped off with delicious pumpkin pie brings smiles from hungry children! Yet, it's not just the food that brings smiles, it is the kind hands and friendly smiles of mothers and caretakers that make the children feel comfortable and happy.

5:30 pm Clean Up: Because mothers and caretakers are sweet and gentle, the children are happy to help with the meal clean up, and nightly straightening of their homes.

6:00 pm Story and Song: After the children are bathed and ready for bed, the children gather in their age groups with mothers or caretakers and hear stories of the Savior, Joseph in Egypt, King David, also Joseph Smith, Brigham Young, John Taylor, etc. They learn songs and scripture memorizations, that they may know how to remember and honor the true and living God.

7:00 pm Family Prayer Time: Children gather with mothers and caretakers to sing and pray. Then they say "good-night", take their vitamins, have a snack if needed, brush teeth, say prayers and hop into bed with happy smiles to have sweet dreams through the night.