

Timetable for Working Parents (Starting 8:30 AM)

Work time: 7 hours 30 mins

Time	Task
8:30 – 9:00 AM	Wake up with the baby, morning feeding, and freshen up.
9:00 – 9:30 AM	Light breakfast and baby feeding.
9:30 – 10:30 AM	Baby's playtime — father supervises while mother handles light chores.
10:30 – 12:00 PM	Focused work session (remote/part-time). Other family members supervises baby. (1 hour 30 mins)
12:00- 1:00 PM	Baby feeding and short rest.
1:00 PM – 2:00 PM	Work block while baby sleeps. (1 hour)
2:00 PM - 2:30 PM	Lunch for father and mother.
2:30 – 5:30 PM	Work block, with flexible supervision of child within the room. (3 hours)
5:30 – 7:00 PM	Baby playtime or short outdoor walk.
7:00 – 7:30 PM	Baby's evening feeding.
7:30 – 8:30 PM	Cooking.
8:30 – 10:30 PM	Work block, with flexible family supervision of child (2 hours)
10:30 PM - 11:30 PM	Washing utensils by father, mother regular chores, baby night feeding.
11:30 PM – 12:00 AM	Preparation for sleep.
12:00 PM - 8:30 AM	Sleep, no mobile, entertainment, and movies on weekends.

Shared rhythm makes parenting sustainable — not who does more, but how both balance energy and care.

What's Good in the Timetable

- Start at 8:30 AM — suits Indian work-from-home or hybrid routines.
- **Realistic total work time (7h 30m)** — productive yet humane for parents.
- **Short breaks of 15 minutes every 45 minutes of work**, along with yoga sessions between tasks, can help prevent burnout.
- Alternating supervision between father and other family members is practical.
- **8 hours of consolidated sleep (12:00 AM – 8:30 AM)** supports critical bodily processes such as memory consolidation, immune function, metabolic regulation, cardiovascular health
- **Shared responsibility** between parents maintains energy balance and emotional well-being.
- Baby remains securely attached while both parents contribute productively at home and work.