



Dra. Ana Flávia Varella
Neuropediatra

ROTINAS DIÁRIAS

Manhã



Acordar

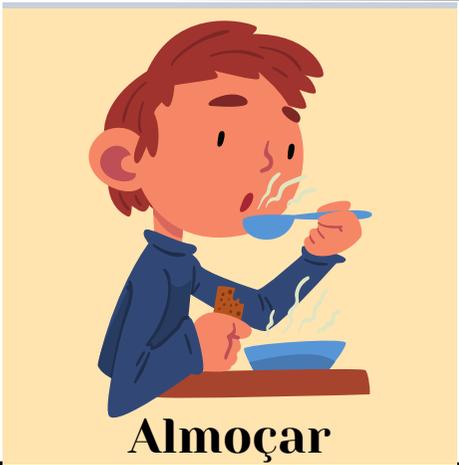
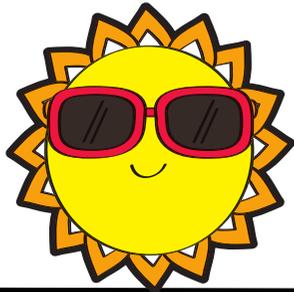


Tomar café da manhã



Assistir televisão

Tarde



Almoçar

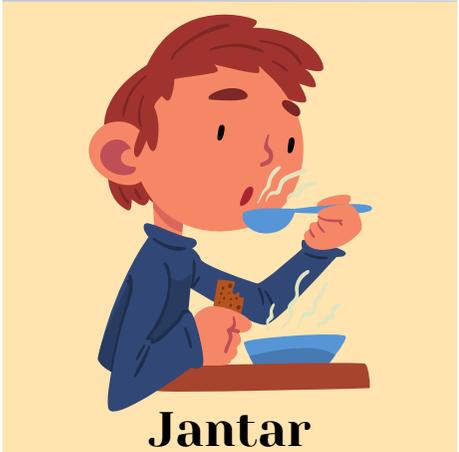


Ir para escola

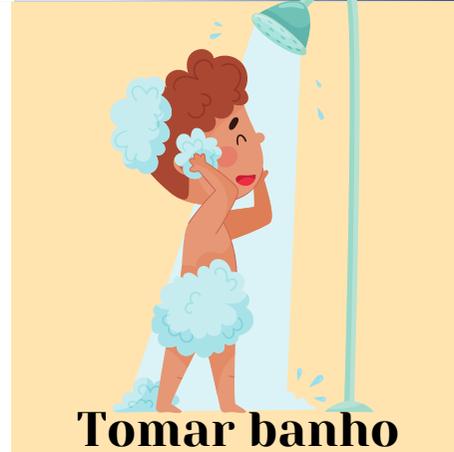


Brincar

Noite



Jantar



Tomar banho



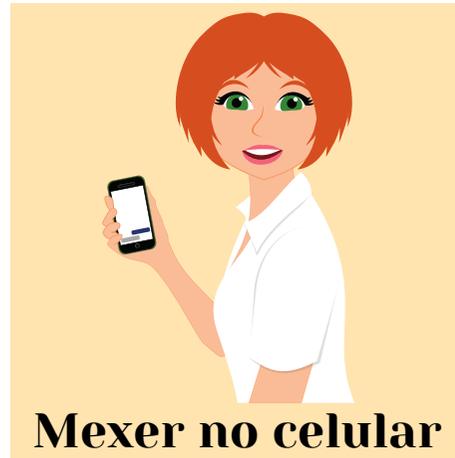
Dormir



Estudar



Jogar videogame



Mexer no celular



Brincar no tablet



Comer doce



Pular



Ir no parquinho



Ir para terapia



Praticar esportes