

# Quiet Time Bin Setup Checklist

*TidyNest - Calm Moments for Busy Moms*

## Items to Include

- Reusable sticker books
- Water Wow or magic coloring pads
- Mini puzzles in zipper pouches
- Fine motor toys (snap beads, threading toys)
- Fidget toys or calming plushies
- Dry-erase activity boards
- Stackable bin or tote for storage

## Setup Tips

- **Only use the bin during designated quiet time**
- **Store it out of reach so it feels special**
- **Set a timer so your child knows when quiet time ends**
- **Rotate items weekly to keep things exciting**
- **Avoid screens to encourage solo creative play**

*Your moment of peace is just one bin away.*