

DAILY ROUTINE

This schedule is intended to give you a glimpse into how your child spends his/her day. At times this schedule varies depending on the weather and other activities. A good daily routine consists of a balance of stimulating activities, freedom to explore, healthy eating and rest. A routine also gives children a sense of security. Additionally, eating habits of children change as they develop. The number of feedings for newborns decrease as they mature and as they eat more at each feeding. Therefore, when newborns transition to the infant/toddler stages their AM/PM bottles become snack time.

7:30am - 8:30am	 Arrivals and Free Choice Activity Play
8:30am - 9:00am	 Free Choice Activity Play Time (Continued)
8:45am - 9:00am	 Snack Time and Infant AM Bottle
9:00am - 10:30am	 Infant Naps (1 - 2 hrs) Toddler Group: playtime, activities and more
10:00am - 10:45am	Infant AM Bottle (if they did not get the first supplemental)
11:00am - 11:15am	Lunch Prep  Free Choice Activity Play
11:15am - 11:30am	 Infant Lunch #1 (infants who had 1 st AM bottle)
11:30am - 12:00pm	 Infant Lunch #2 (infants who had 2 nd AM bottle)  Toddler Lunch Time (self-feeding)
12:00pm - 12:30pm	 Free Choice Activity Play Time/Outside Time
12:30pm - 1:00pm	 Clean-up  Story Time, Nap Prep & Quiet Time
1:00pm - 3:30pm	 Quiet Time and Nap Time all children. Provider's break/lunch (2 1/2 hours)
3:30pm - 4:00pm	 Snack Time and Infant PM Bottle
4:00pm - 4:30pm	 Parent Pick-up  Free Choice Activity Play
	 Diaper checks are done every hour, before nap and after naps