

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 scheduled. 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. And last but surely not least children need love and attention; which provides the foundation for self-esteem and social skills.

Also, eating habits of children change as they develop. Newborn feedings decrease as they mature and eat more at each feeding. Therefore, when newborns transition to the infant/toddler stages they may no longer require the AM supplemental bottle, and the PM supplemental becomes their snack time.

7:30am - 8:30am	 Arrivals and Free Choice Activity Play Time
8:30am - 8:35am	 Welcome Sing-A-Long
8:35am - 9:00am	 Free Choice Activity Play Time (Continued)
9:00am - 9:15am	 Infant AM Supplemental Bottle/Snack
9:15am - 10:45am	 Infant Naps and Toddler Planned Activities
10:45am - 11:15am	 Lunch Prep Free Choice Activity Play Time
11:15am - 11:30am	 Infant Lunch #1
11:30am - 12:00pm	 Infant Lunch #2  Toddler Lunch Time (self-feeding)
12:00pm - 1:00pm	 Free Choice Activity Play Time
1:00pm - 1:30pm	 Clean-up  Story Time, Nap Prep & Quiet Time
1:30pm - 4:00pm	 Quiet Time and Nap Time all children. Provider's break/lunch
4:00pm - 4:20pm	 Snack Time  Infant PM Supplemental Bottle
4:20pm - 4:30pm	 Good-bye Sing-A-Longs
4:30pm - 5:00pm	 Parent Pick Up's  Free Choice Activity Play Time



Diaper checks are done every hour, before nap and after naps