



## SAMPLE DAILY SCHEDULE\*

### MORNING:

- 7:00 - 9:00 ARRIVAL: Children participate in quiet activities and free play or eat breakfast, have first bottle and/or first change.
- 9:00 - 10:00 CIRCLE TIME, TEACHER MEETING, ACTIVITY: Classroom teachers gather the children together for songs, discussion of the day's activities, and sharing. Infant care givers plan the day together, sharing information about each child with each other. ACTIVITIES include having the older children participate in music, texture or water play, arts & crafts, or writing/number activities. Younger children and infants may have story time, music, and soft toys.
- 10:00 - 10:15 SNACK OR BOTTLE: The Center provides a variety of snacks approved by a registered dietician. Infants receive their second bottle on schedule or need.
- 10:15 - 11:00 NAP for infants on schedule or need.  
OUTDOOR PLAY or MUSIC for older children.
- 11:00 - 12:00 DIAPER CHANGE and then WALK or EXERCISE/MOVEMENT for infants.  
LEARNING CENTERS for older children.

### AFTERNOON:

- 12:00 - 1:00 LUNCH
- 1:00 - 3:00 NAP for older children. Infants have activity time or nap, bottle as needed.
- 3:00-3:15 SNACK for older children.
- 3:15 - 6:00 ACTIVITY TIME including outdoor play, learning centers, small- and large-motor skills emphasis, bubbles, books, songs, arts & crafts, textures, etc. DIAPER changes, activities, naps and BOTTLES for infants, as needed.
- 6:00 - 7:00 FREE PLAY/CLEAN-UP/PICK-UP

\*This sample is a general guideline. Infants don't have an exact, set schedule except as provided or desired by parents. Each classroom posts its own, more detailed, Daily Plan based on individual teacher-developed age-appropriate schedules and curriculum.