

Rise and Shine Daycare LLC

Our Daily Schedule — February 2026

Ages: 6 Weeks through 4 Years

We are so glad your child is part of our family!

About Our Schedule

Our daily schedule gives children a predictable, nurturing routine while staying flexible enough to follow each child's individual needs and interests. We balance active and quiet times, indoor and outdoor play, child-chosen and teacher-guided activities, and individual, small group, and whole group experiences.

Every activity in our day is thoughtfully planned to support your child's growth across all areas of development: social and emotional, language and literacy, cognitive, physical, creative, and more. And because every child is unique, we adapt our program to meet each child exactly where they are.

TIME	ACTIVITY	DESCRIPTION
7:00–8:30 AM	Arrival & Free Choice	Children arrive and settle into self-selected activities in our learning centers (blocks, art, dramatic play, books, manipulatives). Teachers greet each family and child individually.
• Your child's morning: We set up activities each morning based on your child's interests and where they are developmentally. Every child — from our youngest infants to our preschoolers — is welcomed with an individual greeting and care routine.		
8:30–9:00 AM	Breakfast & Morning Routine	Family-style breakfast with conversation. Infant feeding on individual schedules. Children practice self-help skills (hand washing, serving, clean-up). Bathroom/diaper routines.
• Meals at Rise and Shine: Infants are fed according to your family's schedule and preferences. Older children practice independence at their own pace. We accommodate all dietary needs, allergies, textures, and cultural food preferences.		
9:00–9:30 AM	Circle Time	Morning greeting songs, calendar, weather, and attendance. Introduction to the day's theme. Group story time. Movement songs and fingerplays. All children participate at their own developmental level.
• What this looks like: We call each child by name, share stories, sing songs, and move our bodies together. Children who need extra support receive visual cues, picture cards, or modified participation so everyone can be included.		
9:30–10:45 AM	Learning Centers & Montessori Work Time	Extended child-chosen exploration. Children select from: Montessori practical life materials, sensory activities, blocks, art, dramatic play, science/discovery, library, and manipulatives. Infant/toddler area with age-appropriate exploratory materials.
• How we individualize: This is one of our favorite parts of the day! Teachers move between centers providing one-on-one support tailored to each child. Our Montessori materials grow with your child — from simple grasping activities for infants to pouring, buttoning, and sorting for toddlers and preschoolers. • For our readers and book lovers: Our library corner offers 1:1 book reading time with a teacher. Books are selected to match each child's language level, from simple board books for babies to picture books and emerging reader materials for preschoolers.		
10:45–11:00 AM	Clean-Up & Transition	Children return materials to their places with transition songs. Bathroom/diaper routines. Individualized transition support provided.
• Smooth transitions: We give 5-minute warnings, use visual timers, and sing transition songs so children know what's coming next. Children who need extra time or support during transitions receive it — we never rush.		
11:00 AM–12:00 PM	Outdoor Play	Gross motor activities, nature exploration, outdoor games, riding toys, climbing structures, sand and water play, ball play. Infants enjoy supervised tummy time and sensory exploration outdoors. Inclement weather: indoor gross motor activities.
• Outside every day: Fresh air and movement are essential! Our outdoor time is adapted for every child: gentle tummy time and sensory play for our youngest, active climbing and running for toddlers, and cooperative games for preschoolers. On rainy days we bring the movement indoors.		

12:00–12:30 PM	Lunch	Family-style lunch with conversation. Infant feeding on individual schedules. Children practice self-help skills and table manners. Social connection encouraged.
• Mealtime matters: Lunch is a social time! We accommodate all dietary needs and cultural foods. Infants are fed per their individual schedule. Self-help skills are encouraged at every child's own pace.		
12:30–1:00 PM	Quiet Time Preparation	Bathroom/diaper routines and tooth brushing (age appropriate). Calm transition activities: books, puzzles, quiet manipulatives. Individual infant settling routines.
• Winding down gently: We transition to rest time gradually. Infant settling routines are individualized — whether your baby needs rocking, feeding, or a special comfort item from home, we follow your family's lead.		
1:00–3:00 PM	Rest Time	Children rest on cots/mats; infants in cribs on individual sleep schedules. Quiet music plays. Children who don't sleep may look at books or do quiet activities after 30 minutes of rest.
• Rest is individual: Infants follow their own sleep schedules as shared by your family. Older children who don't nap have quiet, independent activities. We accommodate sensory needs with weighted blankets, noise-reducing headphones, or alternative resting positions.		
3:00–3:30 PM	Wake Up & Snack	Gentle wake-up period. Bathroom/diaper routines. Afternoon snack with conversation. Infant feeding on individual schedules.
• Easing back in: We wake children gently — no rushing. Snack is adapted for each child's dietary needs. Infants are fed on their individual schedules.		
3:30–4:00 PM	Small Group Activities	Planned small group instruction in rotating groups of 3–5 children. Activities include: literacy, math and science, art, cooking and sensory exploration, music and movement.
• Small groups, big learning: Groups are formed by developmental level so each child is appropriately challenged. Our literacy groups range from simple sound play and rhymes for babies and toddlers all the way to letter recognition and book concepts for preschoolers. Math and science are hands-on and playful.		
• Creative and sensory learning: Art and sensory activities are adapted so every child can participate meaningfully. We use adaptive tools when needed and always modify activities for children with sensory sensitivities.		
4:00–5:30 PM	Afternoon Learning Centers	Second free choice period. Teachers facilitate peer interactions, extend learning, and support individual goals. Infant/toddler area active.
• Learning through play: Afternoons are another opportunity for child-led exploration. Teachers weave individual learning goals into your child's play — you might see a teacher narrating a child's block building, extending vocabulary, or encouraging a friendship.		
5:30–6:00 PM	Outdoor Play & Departure	Outdoor play (weather permitting) or indoor gross motor activities. Children depart as families arrive. Daily individualized communication with each family.
• End-of-day connection: We love sharing your child's day with you! Each family receives a personal update on their child's activities, milestones, meals, and mood. We're always available to answer questions or share observations.		

Questions or Concerns?

We love staying connected with our families! Please don't hesitate to reach out to Maryam or any member of our team if you have questions about your child's day, our schedule, or how we can better support your family.

This schedule is effective as of February 2026 and is posted in our classroom. It is shared with all families at enrollment and reviewed regularly to ensure it continues to meet the needs of all children in our care.