

Rise and Shine Child Care Centers & Family Services Agency



DAILY ROUTINE

Please note:

Under 12 months care is typically on-demand.
Over 12 months care is typically on schedule.

M-F 8:30 a.m. Center Opens	-Drop-off/Greetings (exchange of pertinent information) -Health Checks -Self-directed Play
M-F 9:00 a.m. - 9:30a.m.	-Breakfast
M-F 9:30 a.m. - 10:00a.m. Morning	-Self-directed play -First diaper check
M-F 10:00 a.m. - 11:00 a.m. Mid-morning	-Teacher directed activities (McDuff and Friends Curriculum) -Outside time (weather permitting/rotating schedule if needed)
M-F 11:00 a.m. – 11:30 a.m.	-Morning Snack
M-F 11:30 a.m. – 12:00 p.m. Late Morning	-Transition (preparing for nap) -Quiet Play -Second diaper check
M 12:30 p.m.	FACILITY CLOSES
T-F 12:00 p.m. – 2:00 p.m. Early afternoon	-Naps -Transition (Waking) -Quiet play
T-F 2:00 p.m. – 3:00 p.m. Afternoon	-Third diaper check -Lunch -Teacher directed activities (McDuff and Friends Curriculum)
T-F 3:00 – 4:30 p.m. Late afternoon	-Self and teacher-directed play -Fourth diaper check -Outside time (weather permitting) -Clean up -Pick up/Good byes (Exchanging of pertinent information)
T-F 4:30 p.m.	FACILITY CLOSES