

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.

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| M-F 8:30 a.m. Center Opens | -Drop-off/Greetings (exchange of pertinent information) -Self-directed play -Teacher-directed activities -Routine care |
| M-F 9:00 a.m. | -First diaper check |
| M-F 9:30 a.m. - 10:30a.m. Morning Routine | -Meal/snack/bottles -Outside time (weather permitting/rotating schedule if needed) -Self-directed play |
| M-F 10:30 a.m. - 11:00a.m. Mid-morning | -Teacher-directed play -Routine care -Outside time (weather permitting/rotating schedule if needed) |
| M-F 11:00 a.m. | -Second diaper check |
| M-F 11:00 a.m. – 11:45 a.m. Late morning | -Outside time (weather permitting/rotating schedule if needed) -Transitions (preparing for nap) -Routine Care -Quiet play |
| M-F 11:45 a.m. | -Bottles |
| M 12:30 p.m. | FACILITY CLOSES |
| T-F 12:00 p.m. – 1:30/2:00p.m. Early afternoon | -Naps -Routine care -Quiet play -Third diaper check |
| T-F 1:30/2:00 p.m. – 3:00 p.m. Afternoon | -Meal/snack/bottles -Routine Care -Clean-up -Circle time (songs, stories, finger play) |
| T-F 3:00 – 3:45 p.m. Late afternoon | -Bottles -Self and teacher-directed play -Fourth diaper check -Outside time (weather permitting) -Talk with parents |
| T-F 4:30 p.m. | FACILITY CLOSES |