

**DAILY SCHEDULE**

Our schedule will be maintained as much as possible.

**7:30am-8:45am Breakfast**

**A copy of the menu for the week will be provided to you as per State Food Program**

(Please note that breakfast is NOT SERVED after 8:40am). If you arrive after 8:40 your child will be provided with a snack until 10:00am)

-Children will wash their hands before breakfast is served and will seat on their highchairs.

-Each child will clean their tables with a wet towel after finishing their snack

**8:45-9:00am Morning Routine**

(Each child will be taught how to brush their teeth and rinse properly).

- Tooth brushing, hand washing, toilet time, and diaper changes.

- Children will wash their hands after going using the bathroom.

**9:00am – 9:30am: Outside Playtime *(weather permitting)*** **or Indoor Free Playtime** (Explained at the end of schedule)

- During this time children will have the opportunity to play outside. However, during extreme hot or cold weather, the infants **will not go outside. Instead,** Infants will be placed in swings, bouncers, or play yards. Infants that walk will be allowed to do so at their own pace.  
-Stroller rides may also occur once or twice a week. Using double or quad strollers equipped with child-sized seats and seat belts. The children love stroller ride time.

**9:30am – 10:00am: Learning Lessons**

- Children will each get a turn being helper for the day.

-Various educational activities will be conducted, including calendar, weather discussions, counting exercises, patterns recognition, learning ABC’s, and engaging in finger plays.

-Additionally, there will be focus on specific concepts such as colors, shapes, letters and numbers, with each month having designated themes for these subjects.

-The curriculum will be tailored to the individual age group and cognitive level of each child.

**10:00am- 10:10am: Toileting and Hand Washing/Change diapers**

-Diaper changes take place every 2 hours unless needed more frequently (e.g. after bowel movement)  
During diaper changes, I will engage in conversation with the infants to help develop the verbal skills.

**Infant nap** (infants nap in bassinets or playpens)  
- Babies are put down for nap from 9-10am (infants should be allowed to nap on their own schedules, and even older children may need to nap unexpectedly at times)

**10:10-10:30am: Morning Snack Time**

-Children will have a snack based on the menu provided by the State Food Program

-Each child will clean their tables with a wet towel after finishing their snack

**10:30 – 11:00am: Circle Time (Reading) & Dress-up & Imaginative Play**

-Children will gather in a circle and take turns reading a book for the day.

-Children will have the opportunity to dress up and play as firefighters, dancers, fairies, mommies, daddies, or anything they want to be.

**11:00 - 11:30am: Arts & Crafts**

**-**each child will wear a painting apron to protect their arms and clothes.

-Children will have the chance to explore their imagination, be creative, and learn it is okay to do a project their own way.

-Examples of activities include painting, drawing, using sidewalk chalk or paint, making crafts, and work on projects related to the current month.

**12:00- 12:30pm: Lunch**

--Children will wash their hands before lunch is served and will seat on their highchairs

-Children will be served lunch based on the menu provided by the State Food Program

-After they finished their meal, each child will clean their tables with a wet towel

**12:30-12:45pm Afternoon Routine**

-Tooth brushing, hand washing, toilet time, and diaper changes.

-Children will wash their hands after using the toilet.

-If children are potty trained, they will wear a pull-up during nap time.

**12:45-2:45pm: Story Time/Nap Time.**

-Each child will set up their mats and blankets to go to sleep.

-Soft music will be played to help relax the children and aid in falling asleep.

-For children who don’t fall asleep, a quiet activity will be planned.

-All children will have a rest period. Preschool children who can’t sleep or rest quietly on their mats, will be looking at books.

It is important to remember that each child has a different sleep pattern and way of falling asleep. Some children fall asleep right away, while others may need to suck their thumbs or use a pacifier to relax. Some children may keep their eyes open until the last minute. It’s encouraged for each child to sleep in the same place with the same mat every day.

-Children are encouraged to bring sleep toys or special blankets from home to use at rest time. These items can be kept on the child’s cubby. Children should not be teased about needing these things; they will give them up when they are ready.  
-Children will be given time to settle down at their own pace. They should not be forced to sleep but encouraged to relax, as sleep usually follows. This is a good time to spend a few moments alone with each child.  
-Alternatives available for those who wake up early  
-Infants will wake up from nap on their own time.

**2:45-3:00pm: Wake up time & Bathroom Break**

-As children wake up, diapers will be changed.

-Children will wake up to use the bathroom, wash their hands.

-Children will also pick up their nap mats and blankets and put them away in hall closet.

-While children are waking up and getting changed, they will watch a music video.

-If the children were wearing a pull-up to sleep, they would change back into their underwear.

-Children will put their shoes back on.

**3:00-3:30pm: Outdoor Playtime *(if weather permits)* or Indoors Free Playtime**

**Explaining at the end of schedule**

-Children will have outdoor playtime, engaging in activities like sidewalk chalk, nature hunts, hide & seek, bubbles, swings, balls, slides, and ride-on toys.

-Infants will be placed in swings, bouncers, or play yards. Infants who can walk will have freedom to do so. Stroller rides may also occur once or twice a week, using either a double or quad stroller. Each child will be securely seated with a seat belt.

-**During extreme hot or cold weather, infants will not go outside.**

-If outdoor play is not possible, children will have playtime indoors in the toy room.

**3:30-3:45pm: Bathroom Break**

-Children will go to the bathroom to wash their hands and change their diapers if needed.

**3:45-4:00pm: Afternoon Snack Time**

-Children will have a snack based on the menu provided by the State Food Program

-Each child will clean their tables with a wet towel after finishing their snack

**4:00- 4:20pm: Outside Play or Indoor Free Playtime**

-Children will have outdoor playtime, engaging in activities like sidewalk chalk, nature hunts, hide & seek, bubbles, swings, balls, slides, and ride-on toys.

-Infants will be placed in swings, bouncers, or play yards. Infants who can walk will have freedom to do so. Stroller rides may also occur once or twice a week, using either a double or quad stroller. Each child will be securely seated with a seat belt.

-**During extreme hot or cold weather, infants will not go outside.**

-If outdoor play is not possible, children will have playtime indoors in the toy room.

**4:20-4:30pm: Music/iPad Learning/Puzzles Time**

-Children will have the opportunity to dance, sing, play instruments during this time.

-Children will use an iPad to learn a lesson such as ABC Mouse or another learning App.

-Children will make a puzzle or play a quiet learning game, like Bingo cards.

**4:30p-5:30pm: Children Dismissal & Movie time.**

-Toileting, hand washing, and diaper changing will take place.

-Infants and children will prepare to leave

-Toddlers will put their shoes back-on, wear their coats and gather their personal belongings such as toys or backpacks

-Projects will be assemble and any necessary parent information, such as infant sheets, will be prepared

- As parents and children leave, the events of the day and plans for the next day will be discussed

-Movies and cartoons suitable for children up to 6 years old will be shown.

-The contents of the movies and cartoons will not include violence or guns.

**INDOOR FREE PLAY INCLUDES**

**Child’s Choice Free Play**

♦ Children can choose from different stations or box. Examples include blocks, Legos, animals, babies, cars & trucks, books, dress up, etc.  
♦ Play time will consist of floor time which could include ball play, rolling, blocks, puppet play, stacking blocks, peek-a-boo, bubbles, etc. Infants will also have time in the swings, and bouncers. I will plan activities to develop oral motor skills and the other senses of touch, sound, and smell.

♦Children will be taught to pick up after themselves and will not play with another toy until they finish picking up.

**INFANTS**

The activities planned will include sensory materials that are appropriate for infants. These activities will be tailored to accommodate the changing needs of each individual infant.  
♦ Floor time exploration Example: tummy time.

♦ Touching, feely books and textures

♦ Wooden puzzles