



Infant Schedule

**Our teachers will collaborate with you to create a schedule that fits your child's needs. Our typical schedule is as follows:*

7:00 AM - 8:45 AM – Floor Activities and Sensory Play- Infants arrive at varying times, staff will obtain parents' information, and infants have quiet floor activities including stories, balls, and sensory play. Diapers are changed every two hours.

8:45 AM – 9:15 AM – Morning Snack & Milk

9:15 AM – 10:00 AM – Outside Play

10:00 AM - 10:30 AM –Special Activities - Activities may be individual or done in groups of 2 or 3. Areas of focus include small muscles, exercise, music, and free exploration.

10:30 AM – 11:30 AM – Morning Nap

11:30 AM – 12:00 PM – Lunch - Time for lunch! Bottles and/or solids are offered. Older infants work on self-feeding with fingers and utensils.

12:00 PM – 1:00 PM – Crafts and Sensory

1:00 PM – 1:30 PM – Music

1:30 PM – 2:00 PM Story Time

2:00 PM - 3:30 PM – Nap & Quiet Time -This is quiet time for older infants to nap. Napping is an essential way for infants to recharge during the day. Calming music and Stories

3:30 PM – 4:00 PM – Diapers & Snack

4:00 PM - 4:30 PM – Outside Time

4:30 PM – 6:00 PM – Diapers & Special Activities - Sensory play, songs, stories, and flashcards