

## DAY CARE DAILY SCHEDULE FOR INFANTS

Our schedule will be maintained as much as possible.

<b>6:45 – 7:00</b>	<p><b>Arrival</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> At arrival all parents must sign in on the in-sign sheet and initial (infants must also document the last time infant was feed and the amount given)</li> <li><input type="checkbox"/> Start infant sheets upon infant arrival (infant sheet consists of: times feed, amount given, diaper changes, meals eaten, napping, special happenings, child’s mood, and supplies needed)</li> </ul> <p><b>Infant:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Free play with quiet activities such as books, puzzles, table games, and non-messy art materials</li> </ul>
<b>7:00 – 8:00</b>	<p><b>Breakfast</b> (look at menu) as per State Food Program</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up kitchen (put dishes in dishwasher and put away all food, clean off table and countertops, and sweep the floor)</li> </ul> <p><b>Infant:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Everyone needs to wash their hands and brush their teeth (everyone will need your help in the bathroom doing this)</li> <li><input type="checkbox"/> Children will help with clean up and play with table toys, read books, or listen to story tapes until everyone finishes breakfast and cleans up.</li> </ul>
<b>8:00 – 9:00</b>	<p><b>Outside play</b> (weather permitting)</p> <p><b>Infant:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> During extreme hot or cold weather, the infants will not go outside.</li> <li><input type="checkbox"/> Infants will be allowed to have time in the swings, bouncers and exersaucers all with secured safety straps. Infants will also have ample time on a blanket for one on one tummy time to explore and learn sensory materials that are age appropriate.</li> <li><input type="checkbox"/> Those infants that walk will be allowed to do so at their leisure. Stroller rides may also take place at this time once or twice a week. I have a double and a quad stroller available. Each child is supported in a child size seat with a seat belt. The children love stroller ride time.</li> </ul> <p><b>Child’s Choice Free Play Playtime</b> (Play with kids in toy room)</p> <p><b>Infants:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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, bouncers and exersaucers. I will plan activities to develop oral motor skills and the other senses of touch, sound, and smell. 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.</li> <li><input type="checkbox"/> Floor time exploration Example: tummy time</li> </ul>
<b>9:00-10:00</b>	<p><b>Toileting Hand Washing/Change diapers</b> (diapers in boxes labeled with names on shelves)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diaper changes take place every 2 hours unless needed more frequently example BM</li> <li><input type="checkbox"/> When changing diapers I will stress conversation with the infant to help develop the verbal skills a child needs.</li> </ul> <p><b>Infant nap</b> (naps in Heidi’s room in playpens) (<b>remember to wake babies up at 10:00</b>)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Babies are put down for nap from 9-10 (infants should be allowed to nap on their own schedules, and even older children may need to nap unexpectedly at times)</li> </ul>
<b>10:00 - 11:00</b>	<p><b>Circle Time (Curriculum)</b></p> <p><b>Infant:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will each get a turn being helper for the day, we do calendar, weather, counting, patterns, ABC’s, finger plays etc. We also, have a color, shape, letter, number for each month.</li> </ul>
<b>11:00 -11:30</b>	<p><b>Dramatic Play or Cooking (Start making lunch)</b> (look at menu) as per State Food Program</p> <p><b>Infant:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Are allowed time in high chairs for kitchen exploration of corporation and smells, touch, and textures.</li> </ul>
<b>11:30-12:00</b>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Serve food in family-style serving bowls and small pitchers so that children can learn to pour their own milk or juice and serve their own food. Give children time to practice with pitchers during water, play, and be tolerant of spills and accidents.</li> <li><input type="checkbox"/> Allow infants and toddlers to feed themselves when possible</li> <li><input type="checkbox"/> Allow children enough time to eat. Some children are slow eaters, ample time should be allowed.</li> <li><input type="checkbox"/> Try to establish a calm and pleasant atmosphere.</li> <li><input type="checkbox"/> Encourage children to talk about what they are eating, how the food is prepared, or something of a solely social nature. Pleasant conversation will create a comfortable atmosphere.</li> <li><input type="checkbox"/> Mealtimes are exceptionally good learning times. Children begin to serve themselves, try new goods, and develop attitudes about food and nutrition.</li> <li><input type="checkbox"/> From an early age, even as young as toddlers, children can learn to set the table, clean the table after eating, and put their napkins in the trash can.</li> <li><input type="checkbox"/> Have quiet activities available for those who are finished early</li> </ul>

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up kitchen (put dishes in dishwasher and put away all food, clean off table and countertops, and sweep the floor)</li> <li><input type="checkbox"/> Everyone needs to wash their hands and brush their teeth (everyone will need your help in the bathroom doing this)</li> </ul>
<b>12:00-12:30</b>	<b>Story Time</b> <b>Infant:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> I will read the children stories while they sit on their nap/rest area.</li> <li><input type="checkbox"/> Plan a quiet activity for the children right before rest time, such as reading a story or playing soft music.</li> </ul>
<b>12:30 – 2:30</b>	<b>Nap/Rest Time</b> (Children nap on mats in the baby room. The mats are in the hall closet) <ul style="list-style-type: none"> <li><input type="checkbox"/> Everyone has a rest period. Preschool children who can't sleep rest quietly on their cots, looking at books. As children wake up diapers are changed, hands are washed. Cots are put away.</li> <li><input type="checkbox"/> Remember that each child has a different sleep pattern and a different way of falling asleep: some drop off right away, some need to suck their thumbs, or pacifiers, to relax, and others keep their eyes open until the very last minute, reluctant to miss a single thing that may be going on.</li> <li><input type="checkbox"/> Have each child sleep in the same place and with the same cot every day.</li> <li><input type="checkbox"/> Encourage children to bring sleep toys or special blankets from home to use at rest time. These objects can be kept on the child's cot. Children should not be teased about needing these things; they will give them up when they are ready.</li> <li><input type="checkbox"/> Give children time to settle down at their own pace. Children should not be forced to sleep but encouraged to relax. Sleep usually follows. This is a good time to spend a few moments alone with each child.</li> <li><input type="checkbox"/> For children who can't sleep offer a quiet time. Children can read books</li> <li><input type="checkbox"/> Alternatives available for those who are finished early</li> <li><input type="checkbox"/> Infants will wake up from nap on their own time</li> </ul>
<b>2:30 -3:00</b>	<b>Toileting Hand Washing/Change diapers</b> (diapers in boxes labeled with names on shelves) <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will help pick up their nap mats and blankets and put away in hall closet.</li> </ul>
<b>3:00-3:30</b>	<b>Snack Time</b> (look at menu) as per State Food Program
<b>3:30-4:00</b>	<b>Music Time</b> <b>Infant:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will get to dance, sing, play an instrument etc. during this time.</li> </ul>
<b>4:00-5:00</b>	<b>Outside play</b> (weather permitting) <b>Infant:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> During extreme hot or cold weather, the infants will not go outside.</li> <li><input type="checkbox"/> Infants will be allowed to have time in the swings, bouncers and exersaucers all with secured safety straps. Infants will also have ample time on a blanket for one on one tummy time to explore and learn sensory materials that are age appropriate.</li> <li><input type="checkbox"/> Those infants that walk will be allowed to do so at their leisure. Stroller rides may also take place at this time once or twice a week. I have a double and a quad stroller available. Each child is supported in a child size seat with a seat belt. The children love stroller ride time.</li> </ul> <b>Child's Choice Free Play Playtime</b> (Play with kids in toy room) <b>Infants:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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, bouncers and exersaucers. I will plan activities to develop oral motor skills and the other senses of touch, sound, and smell. 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.</li> <li><input type="checkbox"/> Floor time exploration Example: tummy time</li> </ul> <b>School Agers:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Homework at kitchen table</li> <li><input type="checkbox"/> Outside play: chalk, nature hunt, sand box, balls, etc.</li> </ul> <b>Toileting Hand Washing/Change diapers</b> (diapers in boxes labeled with names on shelves) <b>Dismissal</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Projects are assembled, and parent information (infant sheets) made ready.</li> <li><input type="checkbox"/> Events of the day and plans for the next day are discussed with children and parents as they leave.</li> </ul>