



INFANT SCHEDULE

07:00 AM	Extended Care (Morning Arrival)
08:00 - 08:20	Arrival, greetings, health check, breakfast , free play (if age-appropriate)
08:20 - 08:35	Morning Circle & Calm Play – Songs, books, sensory toys, tummy time, and gentle interactions to help infants transition into the da
8:35 - 9:35	Morning Nap – Infants are encouraged to rest. While the scheduled nap is approximately 30 min. Each child's individual sleep needs are respected during the adjustment period and throughout infancy.
9:35-10:00	Wake-up, diaper changes, bottles or snack.
10:00-10:45	Sensory play, tummy time, fine motor activities, mirrors, music, and language development.
10:45 - 11:15	Outdoor walk or supervised outdoor play (weather permitting).
11:15 - 11:45	Gross motor exploration, interactive play, and social engagement.
11:45-12:15	Lunch or bottles, diaper changes, and quiet transition activities.
12:15 - 12:30	Story time, calming music, cuddles, and preparation for nap.
12:30-2:30 Noon	Afternoon Nap – Rest time in a calm, peaceful environment. Individual sleep needs are always respected.
2:30 - 3:00	Wake-up, diaper changes, bottles or afternoon snack.
3:00 - 3:45	Sensory exploration, music and movement, art exploration (age appropriate), and language activities.
3:45 - 4:00	diaper changes, bottles
4:00 - 4:30	Late Afternoon Cat Nap – A short rest period for infants who need an additional nap before going home. Sleep needs are individualized.
4:30 - 5:00	Wake-up, diaper change, books, cuddles, bottles if needed, and dismissal.
5:00- 6:00	interactive play, and social engagement, snack , check diaper Extended care Dismissal (Extended care only)