



PROGRAM DAILY ROUTINE

Time	Infant	Toddler	Pre-School	School-Age
8:00 – 8:45a	<i>Arrivals, daily health check, hand washing, quiet activities, free play.</i>			
8:45 – 9:00a	<i>Clean-up, toileting or diaper changing, and hand washing.</i>			
9:00 – 9:15a	M O R N I N G E X E R C I S E			
9:15 – 9:45a	<i>Feeding time</i>	<i>Breakfast Time</i>		
9:45 – 10:45a	N A P	Group activity: <i>Finger painting, music, story time, colors, shapes, sorting, stacking, filling & dumping.</i>	Group activity: <i>Drawing, painting, cutting, playdough, art & crafts, music, language, science, numbers, shapes, colors.</i>	Group activity: <i>Drawing, painting, cutting, playdough, art & crafts, music, language, letters, numbers.</i>
10:45 – 11:00a	<i>Clean-up, toileting or diaper changing, and hand washing.</i>			
11:00 – 11:15a	<i>Dress for outdoors</i>	<i>Preparation for outdoor activities: Dress toddler/ pre-school children for the weather. Older children help younger children dress.</i>		
11:15 – 12:00a	O U T D O O R T I M E			
	<i>Cuddle/ talk, sing songs, soft toy play, squeeze toys.</i>	<i>Active play in the backyard, running, climbing, sliding, push cars, wagon pull, sand or water play, tossing and catching.</i>		
12:00 – 12:15p	<i>Transition to indoor, toileting or diaper changing, and hand washing.</i>			
12:15 – 12:45p	Feeding Time	Lunch preparation and Lunch: <i>Guide children in table manners, nutrition, favorite foods.</i>		
12:45 – 1:00p	<i>Clean-up, toileting or diaper changing, and hand washing.</i>			

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1:00 – 3:00p	<i>Preparation for Nap Time Nap Time/ Rest Time</i>			<i>Nap Time/ Rest Time/ Quiet Reading/ Writing</i>
3:00 – 3:15p	<i>Clean-up, toileting or diaper changing, and hand washing.</i>			
3:15 – 3:45p	<i>Feeding Time</i>	<i>Free Choice: push & pull toys, filling & dumping, stacking blocks, musical toys, books & stories.</i>	<i>Free Choice: block building, house-keeping, table games, puzzles, dress-up.</i>	<i>Free Choice: role play, dress-up, writing, reading, cooking/ baking, table games, homework.</i>
3:45 – 4:00p	S T O R Y T I M E			
4:00 – 4:15p	<i>Clean-up, toileting or diaper changing, and hand washing.</i>			
4:15 – 4:30p	<i>Floor Time: belly time, crawling, gentle play.</i>	<i>Preparation for Snack and Snack Time: Older children can help with the prep. Guide children in discussion.</i>		
4:30 – 5:15p	N A P	<i>Supervised outdoor Play Time (weather permitting) OR Supervised indoor Play Time (Free play).</i>		
5:15 – 5:30p	<i>Diaper changing.</i>	<i>Transition to indoor (or clean-up), toileting or diaper changing, hand washing.</i>		
5:30 – 5:45p	CIRCLE TIME : <i>Circle games, sing songs, finger games.</i>			
5:45 – 6:00p	<i>Feeding Time</i>	<i>Clean-up, toileting or diaper changing, and hand washing. Preparation for departure.</i>		
	<i>Clean-up, toileting or diaper changing.</i>			
6:00pm	LAST CHILD LEAVES			