

# Infant Daily Schedule

(6 weeks to 18 months of age)  
(7am-7pm)

- 7-9am** Staff greets children and parents. Those children who do not eat or have a bottle before arriving at the Center may be given food upon arrival at the request of the parent. (All food and drinks are to be supplied by the family). One bottle of either breast milk or formula must be brought in prepared to be served.
- 9am** Daily sheets are checked to see if a child needs a diaper change at this time. Diaper changes take place every 2 hours unless needed more frequently due to a BM. Daily sheet logged by staff.
- 9-10am** Nap time for younger infants (upon parent's request) or play time for those older infants. Infants will wake up from nap on their own time.
- 9-10am** For those infants not napping at this time (weather permitting) outside time will now take place. During extreme hot or cold weather, the infants will not go outside. At this time play time will take place. Play time will consist of floor time with a staff person which could include ball play, rolling, blocks, puppet play, stacking blocks, peek-a-boo, bubbles, etc. Mats are placed on the floor during this time. Story time takes place 1 – 2 times daily. Infants will also have time in the swings, bouncers and walkers. Older infants will also be involved in art projects from time to time.
- 10-11am** Outside play (weather permitting). Infants will be placed in swings or play yards. Those infants that walk will be allowed to do so at their

leisure. Buggy rides may also take place at this time once or twice a week at the staff's discretion. Younger infants will be placed in double strollers and the older infants will be taken in the buggy. A buggy is a wagon with seats that holds up to 6 children at a time and pushed by a staff member. Each child is supported in a child size seat with a seat belt. The children love buggy rides and stroller time.

<b>11am-12noon</b>	If outside, infants are brought in. Hands and faces are washed. Diaper changes take place. Lunch time. (all food must be provided by the family until the children are 18 months of age including snacks). Daily sheet logged by staff. Younger infants are fed on demand as often as necessary.
<b>12 noon</b>	Nap time for older infants. Younger infants sleep on demand. Daily sheet logged.
<b>1-2pm</b>	Infants changed upon waking. Daily sheet logged.
<b>2-3pm</b>	Snack time for older infants and bottle time for younger infants or both for some. Daily sheet logged.
<b>3pm</b>	Play time inside or outside time (weather permitting)
<b>4-4:30pm</b>	Diaper changes take place and bottle feedings when necessary. Daily sheet logged.
<b>4:30-5:30pm-</b>	Tummy Time/Departure
<b>5:30pm6:30pm</b>	Dinner for infants, Diaper Changing
<b>6:30-7:00pm</b>	Resting/Departure

**Each child is an individual and until we get to know him/her we ask that the parents provide the Center with the schedule you have used at home. This schedule should include how much your child drinks and eats during the day and when, when a nap takes place and for how long and when your child wakes up in the morning. When the infant is able, we will convert him/her to the schedule used**

**by the Center for all the infants.**