



PLAINS RD. CHILD CARE INFANT SPRING/SUMMER DAILY SCHEDULE



7:10 – 7:45 Centre opens, children and families received in the Infant Room
Free exploration – child centered discovery play (see program plan for details)



7:45 - 8:45 Morning snack offered// Individual needs are met for each diaper change



8:45 - 9:30 Planned activities (i.e. sensory and creative: see program plan for details)
Free exploration – child centered discovery play (see program plan for details) for group and individual.



9:30 – 9:45 Circle Time / Free Exploration



9:45 – 10:00 Prepare for outdoor time



10:00 – 11:00 Outdoor/ Gross Motor activity (see program plan for details)
Morning nap (as individually needed)



(Mobile and Immobile infants use the infant/toddler playground when unoccupied by toddlers.10:00-10:30 is a stroller walk and 10:30-11:00 is playground)



11:00 – 11:15 Undress from outdoor walk and get ready for lunch
Individual needs are met for each diaper change



11:15 – 12:00 Lunch/ provide milk or formula as needed



12:00 – 2:00 Individual needs are met for each diaper change/ Provide milk or formula as needed
Afternoon nap (***Individual resting and sleeping schedules unique to each infant***)
Free exploration – child centered discovery play and planned activities, quiet and active play.
(See program plan for details)



2:00 – 3:00 Afternoon snack offered
Free exploration – child centered discovery play (see program plan for details)
Individual diaper change/ Prepare for outdoors



3:00 – 4:00 Outdoor activities/ Gross motor activity (see program plan for details)



(Mobile and Immobile infants use the infant/toddler playground when unoccupied by toddlers.3:00-3:00 is a stroller walk and 3:30-4:00 is playground)



4:00 – 5:00 Free exploration – child centered discovery play (see program plan for details)
Individual needs are met for each diaper change



5:00-5:15 Late snack



5:15-6:00 Child centered discovery play (see program plan for details)



6:00 Centre closure



**NOTE: All times are flexible and may vary according to the needs of the children, program as well as weather provisions.
For inclement weather, the designated space is a modified room and/or gym if available.

Revised: March 2017

