

Lab 1: Program for Infants & Toddlers

Daily Schedule

While there are scheduled times listed for activity times, meals, naps, and diaper changes, this often varies as individual needs arise and especially for infants. Our schedule centers on the routines and children's needs in the room. The children dictate when we perform the routines.

Arrival begins: 7:30 a.m.

Saying good-bye for the day can be a tough transition. Being able to separate is necessary if children are going to develop as independent, competent people. Teachers can help in this transition by holding child to comfort, take child to window to wave goodbye, and/or offer other types of comfort.

Indoor Exploration and Investigation: 7:30 to 9:05 a.m.

Toys are important tools for learning. When children play with toys, they learn how to move, think, communicate, and relate to others. Teachers will let children investigate on their own. The teacher can step in to ask questions to encourage further play, to help build relationships, or for guidance and/or safety reasons.

Snack: 9:05 a.m.

Younger children are fed on demand if this is not an appropriate time for them

Mealtime is a chance for children to begin practicing good nutrition and health habits. But there is so much more; it gives your child a chance to feel cared for, and to develop self-help skills, communication, and social skills. Children's experiences and the attitudes they form today will help shape their eating habits in the future. Children finish as they feel their body is done.

Indoor Exploration and Investigation, Small Group activity offered: 9:35 – 10:35 a.m.

During this time, a small group activity is offered at the table or on the floor as appropriate. It can include but is not limited to; painting, drawing, craft creations including 3-D art, a new manipulative, science or nutrition activity that requires direct supervision, etc. If there is a high interest in the activity, it can be offered again later in the day or in the following days.

Diaper changes if not performed already: 9:40 a.m.

This is an important one-on-one time that we spend with your child. Through this daily routine we can help your child feel good about his or her body. We can also help your child feel proud and competent about using the toilet and becoming more independent. Teachers will inform child of what is going to happen and carry on a conversation while diapering or toileting the child.

Outdoor Exploration and Investigation: 10:40 a.m.

If weather is not appropriate for outdoor time, our **atrium time is at 10:00** and offers some large motor activities. Our schedule is adjusted to meet that atrium time if possible. Our room is also designed with mats and a climber to accommodate for large motor activity anytime of the day. Going outdoors is fun for children. It gives them a chance to stretch large muscles, breathe fresh air, take in the sunshine and enjoy the freedom of space. Teachers plan a variety of outdoor activities/toys for the children that can be found on the lesson plan.

Lunchtime: 11:15 a.m.

Younger children are fed on demand if this is not an appropriate time for them

Mealtime is a chance for children to begin practicing good nutrition and health habits. But there is so much more; it gives your child a chance to feel cared for, and to develop self-help skills, communication, and social skills. Children's experiences and the attitudes they form today will help shape their eating habits in the future. Teachers will carry on a conversation with children at the table. Infants are fed when they want to be and held.

Diaper Changes

Quiet time: 12:00 a few lights are turned off

Large Group Book Reading: Children join as they choose

This is an opportunity to come together as a whole group and listen to the book of the day. It is a time to learn about special interests children have been showing awareness in or a book chosen by the teacher to further learning and overall appreciation of reading. If children request other books to be read and time allows before nap, they are read as well.

Book reading also happens throughout the day at children's request.

Naptime if appropriate: 12:30 p.m.

Having enough sleep makes it more likely that children will enjoy and benefit from learning opportunities throughout the day. Sleeping and naptime enable children to develop trust and competence as they move from being awake to falling asleep and waking up again. Teachers will rock or rub the children's backs to aid them in falling to sleep.

Diaper Changes as children wake up. Then they are able to **play and explore inside**.
Lights gradually all come back on.

Snack time: between 2:15 p.m. and 3:00 p.m.

If a child sleeps past snack time, their snack will be saved and they can eat when they get up. Mealtime is a chance for children to begin practicing good nutrition and health habits. But there is so much more; it gives your child a chance to feel cared for, and to develop self-help skills, communication, and social skills. Children's experiences and the attitudes they form today will help shape their eating habits in the future. Children finish as they feel their body is done.

Brush Teeth - right after clearing their snack

Teaching good oral health is important for children's overall well-being. Teacher's assist children as needed.

Indoor Exploration and Investigation – from the time a child finishes snack until 3:45 p.m.

Outdoor Exploration and Investigation: 4:00- 4:40 p.m.

If weather is not appropriate for outdoor time, our **atrium time is at 3:15** and offers some large motor activities. Our schedule is adjusted to meet that atrium time if possible. Our room is also designed with mats and a climber to accommodate for large motor activity anytime of the day. Going outdoors is fun for children. It gives them a chance to stretch large muscles, breathe fresh air, take in the sunshine and enjoy the freedom of space. Teachers plan a variety of outdoor activities/toys for the children that can be found on the lesson plan.

Diaper changes if not already performed by 4:45 p.m.

Exploration and Investigation until children are picked up to go home.

Closing: 5:30 p.m.