



Infant Room 1 - Daily Schedule

Ages 6 weeks – 12 months

TIME	DAILY ACTIVITIES
7:00–8:15 AM	Morning Arrival Health Check · Individualized Greetings · Free Exploration · Bottles/Breakfast as needed
8:15–9:15 AM	Floor Play & Development Tummy Time · Sensory Activities · Language Development
9:15–9:45 AM	Morning Snack
9:45–10:30 AM	Outdoor Play & Exploration
10:30–11:00 AM	Individual Exploration Music · Books · Gross Motor Exploration · Individual Activities
11:00–11:45 AM	Lunch & Clean Up
11:45 AM–2:00 PM	Nap & Quiet Time Sleep Time · Quiet Time · Tummy Time
2:00–2:30 PM	Afternoon Snack
2:30–4:15 PM	Sensory & Creative Exploration Sensory Play · Art Exploration · Language Activities
4:15–5:00 PM	Outdoor Play & Exploration
5:00–6:00 PM	Afternoon Play & Departure Individual play · Bottles/Meals as needed · Diapering · Departures

Diapering & Care

Diaper checks are conducted every hour, with changes at least every two hours and as needed throughout the day.

Individual Infant Needs

Infants are fed and nap according to their individual needs and service plan; therefore, this schedule is a guide only. Infants over 12 months begin transitioning to scheduled napping. Please see the Waddlers schedule.