

## **FAIRMOUNT HILL CHILD CARE**

### **Sample Infant Schedule**

Young infants maintain their own personal schedule and are constantly supervised during nap time for the first six weeks. They move gradually to the infant schedule when they are ready. Diapers are changed when needed, but no less than three times per day. We provide all the diapers, wipes, formula, and homemade baby food unless parents wish to supply their own.

8am – infants are fed as they arrive, then have time to explore the playroom

8:45 – circle time: songs, sign language word of the day, book of the day

9am – free play

9:30 – nap time

11am – diaper change. Lunch time.

11:30 – outside time

12:30 – individualized play and age-appropriate learning activities

1:30 – storytime

1:45 – diaper change. Milk

2pm – nap time

4pm - individualized play and age-appropriate learning activities

5pm – diaper change. Dinner time.

5:30 – free play and clean-up

6pm – end of day