

Sample Infant Schedule

- All infants are fed based on parents' directions and the needs of each child (until they reach the age of one year old).
- All infants are diapered as often as needed (at least every other hour).
- All infants sleep according to their personal sleeping schedule (until they reach the age of one).
- While awake, infants participate in various activities to help promote each child's developmental milestones.
 - Gross Motor Exploration: Tummy time, sitting up in poppy chair or with teachers on the floor, exer-saucer time, going on buggy rides/walks with teachers
 - Reading books with teachers and exploring them on their own
 - Listening to music, singing songs, and talking with teachers throughout their day
 - Twice a week, they will have music class with a specialty music teacher
 - Playing and exploring with classroom toys and manipulative
 - Outside stroller and buggy walks (weather permitting)
 - Visits to the playground (once old enough to crawl/walk)
 - Sensory Activities (guided introduction to and exploration with various age-appropriate art materials)
 - Encouraging self-feeding and independence at mealtime (including the introduction of bowls, plates, sippy cups, and spoons).

Once your child is one year old, they will transition to a fixed routine.

- AM snack 9:00 am
- Lunch 11:00
- Naptime 12:00- 2:30
- PM snack 2:45
- Extended day snack 4:30
 - Also, they will transition into the following...
 - Eating more whole foods
 - Phasing out bottles during the school day and transitioning to milk
 - Taking a single longer nap after lunchtime.
 - Sleeping on cots
 - Wearing shoes with harder soles for walking outside