

# **Infant Daily Schedule**

## **6:30AM to 8:00AM**

Arrival, independent activities

## **8:00AM to 10:30AM**

Feeding time, diaper changing, free play  
Exploratory time (includes story time, fine and gross motor activities, music time, and sensory experiences)

## **10:30AM to 11:15AM**

Outside/stroller time (weather permitting)

## **11:15AM to 1:00PM**

Feeding time, free play  
Floor/exploratory time

## **1:00PM to 2:30PM**

Quiet time/quiet activities

## **2:30PM to 6:00PM**

Feeding, diaper changing, free play, sensory activities, music/movement, outside time, story time, departure

\*\*Diaper, napping, and feeding done throughout the day on an individual basis

\*\*Music played throughout the day (including classical music for a minimum of 30 minutes)