

Infant Flexible Daily Schedule

Ages 6 Weeks– 18 Months

Hours of Operation 7:30 AM – 5:30 PM

7:30–9:00 AM	Morning Check-In Arrival and greeting, individual care routines, diaper changes, health checks, and a bottle or breakfast as needed.
9:00 AM	Indoor or Outdoor Exploration Sensory play, tummy time, and bottles or diapering based on each infant's feeding schedule.
10:00 AM	Mid-Morning Check Feeding and diaper changes as needed, story time, push toys, a stroller walk, and sensory or language-focused interaction with teachers.
11:30 AM	Lunch / Bottle Feeding Learning play time with teacher-led socialization and language interaction, alongside individual care routines.
1:00 PM	Afternoon Check Feeding and diaper changes as needed, naps on an individual schedule, soft music, calm play, and sensory or water activities as appropriate.
3:00 PM	PM Check Feeding and diaper changes as needed, afternoon snack or bottle, and outdoor exploration or gross motor activity, alternating with indoor music, sensory, and social interaction.
5:00 PM	End-of-Day Check Feeding and diaper changes as needed.
5:30 PM	Closing Time Individual care routines, music, fingerplays, story time, tummy time, and departure with family communication.

This schedule reflects a flexible routine — feeding, diapering, and napping occur based on each infant's individual cues. Teachers maintain daily communication with families about feeding and nap patterns. Activities alternate gently between indoor sensory play and outdoor experiences depending on weather and developmental readiness.