

Early Milestones Children's Center

Infant Flexible Daily Schedule (Ages 6 Weeks – 18 Months)

Hours of Operation: 7:30 AM – 5:30 PM

Time	Activity
7:30 – 9:00AM Morning Check-In	Arrival / Greeting /Individual Care Routines/ Diaper Changes/health checks /provide bottle or breakfast as needed.
9:00 AM	Indoor or Outdoor Exploration / Sensory Play /Tummy Time/ Bottles/Diapering as Needed based on infants feeding schedule.
10:00AM-Mid Morning Check-Feeding/Diaper changes as needed	Story Time/ Push toys/ Stroller Walk/ sensory exploration/ physical development/teacher led language and social interactions.
11:30AM-Lunch/Bottle Feedings	Learning Play Time/ Teacher socialization and language skills Interaction/ Individual care routines
1:00AM-Afternoon Check Feeding/Diaper changes as needed	Naps / Individual Feeding & diaper changes schedules / Soft Music / Calm Play/ Sensory activities/water play (As appropriate) stroller walk,
3:00PM-PM Check Feeding/Diaper changes as needed	Afternoon Snack or Bottle / Individual Feeding & diaper changes schedule/Outdoor Exploration / Gross Motor Activities/ Indoor exploration, music, sensory, language, social interactions with teachers
5:00PM-End of the Day Check Feeding/Diaper changes as needed	Individual Care Routines / Music /Finger Plays/ story time/ tummy time/Departure& Family Communication
5:30PM Closing Time	

Notes:

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