

Early Milestones Children's Center

Preschool Full Day Schedule (Ages 3-5)

Hours of Operation: 7:30 AM – 5:30 PM

Time	Activity	Description
7:30 – 8:30 AM	Arrival	Children arrive and begin Teachers greet families, conduct health checks,
8:30AM	Breakfast / Morning Snack	Children share a healthy breakfast or morning snack. Focus on self-help skills such as serving, cleaning up, and handwashing.
9:00 AM	Outdoor Learning & Gross Motor Play	Outdoor playtime sandbox, gardening, nature exploration, Gross Motor
10:30 AM	Indoor Learning Centers	Small-group activities: art, dramatic play, literacy, blocks, and sensory table 1
11:30 AM	Circle Time / Music & Movement Transition to Lunch- washing hands	Group songs, stories, daily calendar, and discussion of the learning theme.
12:00 PM	Lunch	Family-style meal that promotes social skills, manners, and nutrition awareness.
12:45 PM	Transition to Rest	Toileting, calming music, or short story before nap.
1:00 PM	Nap / Rest Time	Quiet rest on mats; early risers engage in quiet reading or table play.
2:30 PM	Afternoon Snack	Light snack and transition to afternoon activities.
3:00 PM	Indoor / Outdoor Choice Play	Children choose indoor learning centers or outdoor play stations based on interest. Teachers facilitate exploration and enrichment.
4:15PM	Closing Circle Time	Day Reflection, music, time, and daily wrap-up.
5:30PM	Departure / Learning Centers	Families pick up; children engage in calm activities while waiting.

