

# Early Milestones Children's Center

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## Toddler Full Day Schedule (Ages 18 – 36 Months)

Hours of Operation: 7:30 AM – 5:30 PM

| Time           | Activity                                                                         | Description                                                                             |
|----------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 7:30 – 8:30 AM | Arrival /                                                                        | Children arrive and Teachers greet families, supervise play, and conduct health checks. |
| 8:30AM         | Breakfast / Morning Snack                                                        | Nutritious breakfast or snack. Children practice self-help skills and routines.         |
| 9:00 AM        | Outdoor Play & Exploration                                                       | Gross motor play: sand play, climbing, and gardening exploration.                       |
| 10:00AM        | Indoor Learning Centers                                                          | Learning Centers art, sensory, dramatic play, and manipulatives.                        |
| 10:30AM        | Circle Time / Music & Story                                                      | Songs, movement, fingerplays, and short stories promoting language and focus.           |
| 11:00 -12:PM   | Lunch& Transitions for prep for eating and Nap Washing hands Diaper Changes Etc. | Family-style meal emphasizing manners, independence, and socialization.                 |
| 12PM           | Nap / Rest Time                                                                  | Toddlers rest on mats; early risers may read or do quiet activities.                    |
| 2:00PM         | Snack / Diapering                                                                | Afternoon snack and toileting or diaper checks.                                         |
| 2:30PM         | Outdoor Play                                                                     | Group activities, sandbox, and water play when weather allows.                          |
| 3:30PM         | Indoor Centers / Small Groups                                                    | Art, sensory bins, dramatic play, or fine-motor table toys.                             |
| 4:15 PM        | Closing Circle                                                                   | Songs, group reflection, and transition for pick-up.                                    |
| 5:30 PM        | Departure / Learning Centers                                                     | Learning play activities as families arrive for pick-up.                                |