



Infant/Toddler Program

(each program is established with the age of the children involved)

Sample Daily Schedule:

6:30 AM Bright Beginnings Opens

--Early Morning Feeding

8:00 AM – 9:00 AM

--Free Play

--The children are permitted to do whatever they want with the available materials and objects in the room.

9:00 AM- 9:30 AM

--Snack time

--After hand washing children sit at tables/highchairs. Napkins, cups, a snack item and milk are provided. Staff assists all children with needed items. Staff encourages and role models self-help skills as well. Staff sits at the table with children and monitor/feed the children .

9:30 AM – 10:00 AM

--Outdoor Play or Indoor Play



10:00 AM – 11:00 AM (one or two activities)

--Circle time

We welcome each child, and address each one of them in a circle discussing whatever is on their minds. This is also time to do finger plays and other interacting games.

--Story Time

We read a thematic story to them that changes each day, especially the ones that have become popular and relate to themes. This is a relaxing activity for the children.

--Art Time

The children have a blast playing with art objects with specific themes

--Sensory Table Time

--Children use their 5 senses while playing in a large table filled with various materials like sand, rice, pasta, and water.

--Activity time

--We make a discovery table available to them which addresses sensory activity, fine motor development, and of course lots of fun. They play with blocks, puzzles, puzzles, play-doh, legos, and drawings.

11:00 AM – 11:30 AM

--Gross Motor and Music

--Each child stretches their muscles depending on their age with a parachute, bean bag tosses, crawling through tunnels and dancing.



11:30 AM – 11:45 AM

--Clean up, diapering, and other preparation for eating.

11:45 PM- 12:15 PM

--Lunch Time

--Children go to designated sink areas and wash their hands. They retrieve their lunch boxes from their cubbies and sit at a table. The staff assists the children with opening their lunches and providing milk, napkins spoons etc.

--We sit with the children at the table and monitor the children while they eat. When lunch is completed they help clean up the area. We also encourage them to use the bathroom at this time. Lunch will then be cleaned up and tables washed again with their help—believe it or not they love it! Everyone gets ready for naptime.

12:15 PM – 2:30 PM

--Nap Time

Each child is provided with a cot and a roll out nap bed. Lights are turned down and soothing music is played. The staff monitors the children while they are asleep and often engage in rubbing their backs to let them fall asleep

2:30 PM -3:30 PM

--We gently wake up those that are still napping. Diapering & toileting takes place. We provide another snack. Children go to designated sink areas and wash their hands. They then sit at their table.

--Napkins, cups, a snack item and milk are provided. Children will be assisted by staff to insure each child has what they need. Our staff encourages and role model self-help skills. The staff will sit at the table with the children and monitor them eat their snack. Snacks will then be cleaned up and tables washed as they get ready for indoor or outdoor play time..

3:30 PM- 4:00 PM

--Indoor or Outdoor Play

4:00 PM- 5:00 PM

--Free Choice

--We give the children free-choice activities, musical games, art projects and toys. We may also play dress-up, dramatic play, puzzles, books, blocks, dolls etc. Our staff monitor and join toddlers in conversation and floor play.

5:00 PM – 6:30 PM

--Gross Motor /Music & Movement/Stories

--We all organize the room for the next day snack, complete a daily log of each child, put the information in the mailboxes and engage the children in activities until they are picked up by the parents. Parents enter the center by using a security code. Each is retrieved directly from a staff member. Parents check the child's cubby and mailbox for items to take home.

