



Daily Schedule

| Time | Activity |
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| 7:00 AM - 8:00 AM | Arrival & Welcome: Greet infants and caregivers, assist with settling in. Free play with toys. |
| 8:00 AM - 8:30 AM | Breakfast: Milk/formula or solid foods, depending on the infant's needs. |
| 8:30 AM - 9:00 AM | Tummy Time/Physical Development: Activities to support motor skills. |
| 9:00 AM - 9:45 AM | Sensory Play: Water play, textured materials, or soft music. |
| 9:45 AM - 10:30 AM | Nap/Quiet Time: Safe and comfortable nap or quiet rest. |
| 10:30 AM - 11:00 AM | Snack Time: Small snack for older infants; milk/formula for younger ones. |
| 11:00 AM - 12:00 PM | Outdoor Time: Fresh air and exploration with stroller walks or play mats. |
| 12:00 PM - 12:30 PM | Lunch: Milk/formula and solids, as appropriate. |
| 12:30 PM - 1:00 PM | Bonding and Social Play: Reading, singing, and interaction activities. |
| 1:00 PM - 2:30 PM | Nap/Quiet Time: Another nap or quiet rest. |
| 2:30 PM - 3:00 PM | Snack Time: Snack for older infants; milk/formula for younger ones. |
| 3:00 PM - 4:00 PM | Interactive Play: Stacking blocks, sensory activities, and simple games. |
| 4:00 PM - 4:30 PM | Outdoor Time: Fresh air and supervised exploration. |
| 4:30 PM - 5:00 PM | Wind Down/Story Time: Relaxing activities like reading or soft music. |
| 5:00 PM - 5:30 PM | Pick-Up Time: Prepare infants for departure. |