

## DAY CARE DAILY SCHEDULE FOR SCHOOL AGERS

Our schedule will be maintained as much as possible.

<b>6:45 – 7:00</b>	<p><b>Arrival</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> At arrival all parents must sign in on the in-sign sheet and initial (infants must also document the last time infant was feed and the amount given)</li> <li><input type="checkbox"/> Start infant sheets upon infant arrival (infant sheet consists of: times feed, amount given, diaper changes, meals eaten, napping, special happenings, child’s mood, and supplies needed)</li> </ul> <p><b>School ager:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Free play with quiet activities such as books, puzzles, table games, and non-messy art materials</li> </ul>
<b>7:00 – 7:30</b>	<p><b>Breakfast</b> (look at menu) as per State Food Program</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Clean up kitchen (put dishes in dishwasher and put away all food, clean off table and countertops, and sweep the floor)</li> </ul> <p><b>School ager:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Everyone needs to wash their hands and brush their teeth (everyone will need your help in the bathroom doing this)</li> <li><input type="checkbox"/> Children will help with clean up and play with table toys, read books, or listen to story tapes until everyone finishes breakfast and cleans up.</li> <li><input type="checkbox"/> Off to school</li> </ul>
<b>8:00 – 9:00</b>	<p><b>Outside play</b> (weather permitting)</p> <p><b>School ager:</b> (if present)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sidewalk chalk</li> <li><input type="checkbox"/> Nature hunt</li> <li><input type="checkbox"/> Bubbles</li> <li><input type="checkbox"/> Sand box and supplies</li> <li><input type="checkbox"/> Balls are always fun! So many different types of activities can be done with balls, and children love them.</li> <li><input type="checkbox"/> And you can’t forget the playground it is always fun.</li> </ul> <p><b>Child’s Choice Free Play Playtime</b></p> <p><b>School ager:</b> (if present):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children can choose from different stations or box. Examples include blocks, legos, animals, babies, cars &amp; trucks, books, dress up, etc.</li> <li><input type="checkbox"/> Puzzles</li> <li><input type="checkbox"/> Games</li> <li><input type="checkbox"/> Computer</li> </ul>
<b>9:00-10:00</b>	<p><b>Arts &amp; Crafts</b></p> <p><b>School ager:</b> (if present):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will be able to explore their imagination, be creative. Examples: painting, drawing, sidewalk chalk or paint, making a craft, etc.</li> </ul>
<b>10:00 - 11:00</b>	<p><b>Learning Time (Curriculum)</b></p> <p><b>School ager:</b> (if present):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will each get a turn being helper for the day, we do calendar, weather, counting, patterns, ABC’s, finger plays etc.</li> </ul>
<b>11:00 -11:30</b>	<p><b>Dramatic Play or Cooking (Start making lunch)</b> (look at menu) as per State Food Program</p> <p><b>School ager:</b> (if present):</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will have chances to do cooking activities (i.e. make a pizza, silly faces, cookie, hot dog roll etc.) children will help on prep they do NOT actually cook. I will put them in the oven etc.</li> </ul>
<b>11:30-12:00</b>	<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Serve food in family-style serving bowls and small pitchers so that children can learn to pour their own milk or juice and serve their own food. Give children time to practice with pitchers during water, play, and be tolerant of spills and accidents.</li> <li><input type="checkbox"/> Allow children enough time to eat. Some children are slow eaters, ample time should be allowed.</li> <li><input type="checkbox"/> Try to establish a calm and pleasant atmosphere.</li> <li><input type="checkbox"/> Encourage children to talk about what they are eating, how the food is prepared, or something of a solely social nature. Pleasant conversation will create a comfortable atmosphere.</li> <li><input type="checkbox"/> Mealtimes are exceptionally good learning times. Children begin to serve themselves, try new goods, and develop attitudes about food and nutrition.</li> <li><input type="checkbox"/> From an early age, even as young as toddlers, children can learn to set the table, clean the table after eating, and put their napkins in the trash can.</li> <li><input type="checkbox"/> Have quiet activities available for those who are finished early</li> <li><input type="checkbox"/> Clean up kitchen (put dishes in dishwasher and put away all food, clean off table and countertops, and sweep the floor)</li> <li><input type="checkbox"/> Everyone needs to wash their hands and brush their teeth (everyone will need your help in the bathroom</li> </ul>

	doing this)
<b>12:00-12:30</b>	<b>Story Time</b> <b>School ager:</b> (if present): <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will read stories while they sit on their nap/rest area.</li> <li><input type="checkbox"/> Plan a quiet activity for the children right before rest time, such as reading a story or playing soft music.</li> </ul>
<b>12:30 – 2:30</b>	<b>Nap/Rest Time</b> (The mats are in the hall closet) <b>School ager:</b> (if present): <ul style="list-style-type: none"> <li><input type="checkbox"/> Everyone has a rest period.</li> <li><input type="checkbox"/> Have each child sleep in the same place and with the same cot every day.</li> <li><input type="checkbox"/> Give children time to settle down at their own pace. Children should not be forced to sleep but encouraged to relax. Sleep usually follows. This is a good time to spend a few moments alone with each child.</li> <li><input type="checkbox"/> For children who can't sleep offer a quiet time. Children can read books.</li> <li><input type="checkbox"/> Alternatives available for those who are finished early</li> </ul>
<b>2:30-3:30</b>	<b>Snack Time</b> (look at menu) as per State Food Program
<b>3:30-4:00</b>	<b>Music Time</b> <b>School ager:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Children will get to dance, sing, play an instrument etc. during this time.</li> </ul>
<b>4:00-5:00</b>	<b>Outside play</b> (weather permitting) <b>School ager:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sidewalk chalk</li> <li><input type="checkbox"/> Nature hunt</li> <li><input type="checkbox"/> Bubbles</li> <li><input type="checkbox"/> Sand box and supplies</li> <li><input type="checkbox"/> Balls are always fun! So many different types of activities can be done with balls, and children love them.</li> <li><input type="checkbox"/> And you can't forget the playground it is always fun.</li> </ul> <b>Child's Choice Free Play Playtime</b> <b>School ager:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Homework at kitchen table</li> </ul> <b>School ager:</b> (after homework completed): <ul style="list-style-type: none"> <li><input type="checkbox"/> Children can choose from different stations or box. Examples include blocks, legos, animals, babies, cars &amp; trucks, books, dress up, etc.</li> <li><input type="checkbox"/> Puzzles</li> <li><input type="checkbox"/> Games</li> <li><input type="checkbox"/> Computer</li> </ul> <b>Dismissal</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Projects are assembled, and parent information made ready.</li> <li><input type="checkbox"/> Events of the day and plans for the next day are discussed with children and parents as they leave.</li> </ul>