



## **Infant Room Sample Schedule**

7:00-8:00	Arrive, rest, quiet free play
8:00-8:30	Songs/Stories (ABC's, rhyming songs, CDs/board books)
8:30	snacks/feedings, tummy time, naps
9:00-10:30	Diapering
10:30	Interactive Songs/Stories (puppets, finger play, instruments)
11:00	Diapering
11:30	Outdoor play/walk (weather permitting)
12:00	Lunch
12:30	Diapering
1:00	naps/ one-on-one play
2:30	Diapering
3:00	Snack/feedings
3:45	Infant massage/large and small muscle development play
4:30	Diapering
5:00	Tummy time/free exploration time
5:30-6:00	Diapering time/Time to leave

\*This is a very loose schedule to allow staff members to meet the needs of the infants.

\*\*Diapering will also be done as needed on an individual basis.