

# Sample Daily Schedule (Birth to Five)

Time (Approx.)	Infant/Toddler Daily Schedule	Preschool Daily Schedule
<b>6:45 – 7:30</b>	Arrival, warm greetings, diapering/toileting as needed, free exploration with soft toys, manipulatives, and caregiver interaction	Arrival, greetings, free choice centers (blocks, art, dramatic play, books), prep for breakfast
<b>7:30 – 7:45</b>	Hand washing with assistance, transition to mealtime	Clean up centers, hand washing
<b>7:45 – 8:15</b>	Breakfast in small groups, caregivers encourage self-feeding	Breakfast, practice table manners and self-help skills
<b>8:15 – 8:30</b>	Diapering/toileting, hand washing, teeth brushing (toddlers)	Cleanup, hand washing, brushing teeth
<b>8:30 – 9:15</b>	Sensory play (water table, textures), tummy time (infants), manipulative play	Art, crafts, manipulatives (beads, blocks, play dough, puzzles)
<b>9:15 – 9:30</b>	Transition, singing, fingerplays	Clean up and transition
<b>9:30 – 10:15</b>	Music, movement, lap reading, puppets, caregiver-led group songs	Group activities (dancing, music, puppets, stories, circle time)
<b>10:15 – 10:30</b>	Snack, bottle feeding for infants	Snack



<b>10:30 – 11:15</b>	Outdoor exploration (stroller walks, tummy time on blankets, push/pull toys, riding toys)	Outdoor play (large motor skills, playground, ball games)
<b>11:15 – 11:30</b>	Transition indoors, diapering/toileting, hand washing	Transition indoors, prepare for lunch
<b>11:30 – 12:00</b>	Lunch, finger foods for toddlers, bottles for infants	Lunch, conversation practice, self-serving
<b>12:00 – 12:15</b>	Clean up, diapering/toileting	Clean up, toileting
<b>12:15 – 2:15</b>	Nap/rest time (individual needs; infants nap on own schedules)	Rest/nap time
<b>2:15 – 2:30</b>	Gentle wake-up, diapering/toileting	Wake-up, toileting
<b>2:30 – 3:15</b>	Free play: stacking toys, soft blocks, sensory bins	Free choice play in centers
<b>3:15 – 3:30</b>	Snack, bottles as needed	Wash hands, snack
<b>3:30 – 4:15</b>	Outdoor play: stroller rides, climbing structures, sand play	Outdoor play, arrival of school-age children
<b>4:15 – 4:45</b>	Story time, fingerplays, songs	Group activities (circle games, storytelling, music)
<b>4:45 – 5:30</b>	Quiet play: puzzles, board books, soft blocks until departure	Quiet free play (blocks, puzzles, books, art) and departures

