

# Daily Schedule

*Each provider must individualize the sample schedule*

Welcome to our family child care home! Listed below is what your child will experience during a typical day. My philosophy is to provide a structured setting for children, so they know what to expect and feel secure. Within this structure, I allow for flexibility so that I can better meet the needs and interests of all the children.

## MORNING ACTIVITIES

7:15 - 8:00	As children arrive, a variety of activities are available for them to do, such as table toys, blocks, books and story tapes. I rotate the toys every week for interest.
8:00 - 8:30	Clean up, prepare and eat breakfast, and clean up again! Each child has an opportunity to help with meal chores such as setting the table or pouring the milk.
8:30 - 9:45	Children have a choice of selecting an activity of their choice or joining in a group activity such as painting, water play or cooking.
9:45 - 10:00	Get ready to go outside: bathroom time, changing diapers, wash hands, etc.
10:00 - 11:00	Outdoor play that is a combination of free play on the swing set or sand box, and group activities such as walks in the neighborhood, a science project such as gardening or an outdoor art project.
11:00 - 1:30	Individual choice – dramatic play, blocks, board games.

## LUNCH and REST

11:30 - 11:40	Clean up for lunch. Wash hands.
11:40 - 12:30	Family style lunch and conversation. Again, each child has an opportunity to help with chores. After lunch, everyone brushes teeth, uses the bathroom or diaper change, washes hands.
12:30 - 12:45	Story time. This is a time to slow down before rest time and enjoy a good book.
12:45 - 2:45	Everyone has a rest time. Preschool children who can't sleep rest quietly on their cots, looking at books for 30-40 minutes before they are allowed to get up and start a quiet activity.
2:45 - 3:00	Children wake up, put away cots, use the bathroom and wash hands.

## AFTERNOON ACTIVITIES

3:00 - 3:20	Snack time.
3:20 - 4:30	Active outdoor play
4:30 - 5:30	Departure time. Children choose activities such as coloring, reading, table toys, etc., until their parents arrive. Events of the day and plans for the next day are discussed with children and parents as they leave.