

Infant Room/Early Head Start
Daily Schedule

Nap times: As needed by individual children

Diaper Changes/washing hands: Every two hours or as needed

Teeth brushing: After meals

Bottle feedings: As needed by individual children

Meal times: At set times as stated below, alternate times as needed depending on the child's bottle and nap schedule.

Arrival: Greet the family and exchange daily information. Top portion of daily sheet is completed by the adult bringing in the child.

9:00: Breakfast
Wash hands
Brush teeth
Change diapers as needed

After breakfast – 11:30: nap time, free play, buggy time, book time, etc

11:30: Lunch
Wash hands
Brush teeth
Change diapers as needed

After lunch – 1:30: nap time, free play, buggy time, book time, etc.

1:30: Snack time
Wash hands
Change diapers as needed

After snack time – 3:00: nap time, free play, buggy time, book time, etc.

3:00 Early Head Start departs. Children are picked up, exchange information about the child's day.

3:00-5:00 Child care. Nap time, free play, buggy time, book time, etc.