



## Early Steps Learning Center Sample Infant Daily Routine

### First Steps I & II (6w-17m)

Daily Routine	Approximate Time Guideline	Brief Description
Greeting Time 6:30-7:30	60 minutes	Greeting time provides smooth transition from home to center and gives adults a chance to share important information.
Learning Centers 7:00-8:30	1 ½ hours	Children play and rotate through Learning Centers – library, music and movement, discovery, art, and dramatic.
Breakfast 8:30-9:00	30 minutes	Hand washing followed by breakfast shared in a family-style setting.
Group Time 9:15-9:45	30 minutes	Teacher leads children in discussions and lessons. Activities include flannel board discussions, library, classroom rule lessons, sharing and other lesson plans.
Free Choice Time 9:45-10:15	30 minutes	Children play the activities of their choice while being observed by teachers.
Outside Time – Gross Motor Play 10:15-10:45	30 minutes	Children practice gross motor skills during organized and unorganized play outdoors, weather permitting.
Art & Discovery Time 10:45-11:15	30 minutes	Art and Table Activities
Clean Up Time 11:15-11:30	15 minutes	Children are assisted in cleaning up, hand washing and preparation for lunch.
Meal Time 11:30-12:15	30 minutes	Children enjoy lunch in family-style setting.
Quiet Time 12:30-2:00	1 ½ hours	Children rest their bodies or sleep.
Rest Room 2:30-2:45	15 minutes	As children wake up, diapers are changed or children are helped in restroom. Teachers assist in hand washing.
Snack Time 3:00-3:20	20 minutes	Children have discussions and share a snack.
Outside Time – Gross Motor Play 3:30-4:00	30 minutes	Children practice gross motor skills during organized and unorganized play outdoors, weather permitting.
Group Time 4:00-4:30	30 minutes	Children are directed in group play or discussion.
Table Activity Time 4:30-5:00	30 minutes	Table Activities or Discovery Time (exploring shapes, matching and classifying).
Free Choice Time 5:00-6:30	1 ½ hours	Children are supervised in independent play.
Teacher Team Planning Time 6:00-6:30	30 minutes	After children leave for the day, teachers come together to plan, discuss and problem solve.

Note about diapers: All diapers are checked and/or changed every 1 ½ hours and all diapers are changed prior to going home.