

Daily Schedule

The first three years in the life of a child sets the foundation for the years that follow. Research tells us that more brain development occurs during these formative years than in any other phase of life. For this reason alone, each day in a child's life is an opportunity to cultivate and share in new experiences. A child's environment should stimulate this growth in a secure and loving manner. Children learn best through play, exploration, and language.

Children are spontaneous but, like most of us, they need to know they can depend on certain daily routines. A daily schedule helps children feel secure in their environment, provides organization, and allows for a variety of developmental activities and experiences. Within the daily routine, flexibility is needed to insure that the needs and interests of each individual child are met.

Infants (0-8 months)

6:45 am - 6:00 pm	Schedule on demand! The staff at the ILCDC will do their best to maintain the daily schedules provided by the parents.
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Young Toddlers

6:45 am	Infant Room opens
6:45-7:45	Free play
7:45-8:00	Change all diapers
8:00-8:30	Breakfast
8:30-9:00	Manipulative play (Blocks, oatmeal play, water play, etc.) and "Tummy Time"
9:00-9:15	Change all diapers
9:15-9:30	Morning snack
9:30-10:00	Quiet time- Prepare for morning nap (check all diapers)
10:00-11:15	Morning nap and Individual play
11:15-11:30	Change diapers as children begin to wake
11:30-12:30	Lunch
12:30-1:00	Art
1:00-1:15	Change all diapers
1:15-1:45	Scheduled play/Music & Movement/Outdoor time (if weather permits)

1:45-2:00	Story time Check all diapers
2:00-3:30	Afternoon nap
3:30-3:45	Wake up time and check all diapers
3:45-4:00	Afternoon snack
4:00-4:45	Exploration and Discovery time
4:45-6:00	Parents begin to arrive/Individual play