

Love's Family Childcare



** The following schedule is an example of how the daily program might be organized to meet the needs of children of many ages. **

Early Morning

6:30-8:30 a.m.

Children arrive. Some children will need breakfast. Following breakfast, infants are changed and put down to nap. ** (Younger children are allowed to nap on their own schedules.) Older children help with clean-up and play with table toys, read books, or listen to audio stories/music until everyone finishes breakfast and cleans up.

Morning Activities

8:30-9:45 a.m.

Toddlers and preschool children select an activity of their choice or join in a noisy group activity such as finger painting, imaginative play, or arts and crafts. As babies wake up, they are changed, fed according to their individual schedules, and brought in to join the group activities. Children help clean up after the playtime.

9:45-10:15 a.m.

Snack

10:15-11:00 a.m.

Get ready to go outside: use toilet, wash hands, change diapers, etc. Outdoor activities and/or walks.

11:00-11:30 a.m.

Free play.

11:30-11:45 a.m.

Clean up and story time; get ready for lunch.

Lunch and Rest

11:45-12:45 p.m.

Family-style lunch and conversation. After lunch, older children help put food away and clean up. Hands are washed, diapers changed, etc.

12:45-2:45 p.m.

Everyone (except, perhaps, for a baby who has just woken up) has a rest period. Preschool children who can't sleep rest quietly on their cots or beds, looking at a book (at least for 30-40 minutes before getting up for quiet play while others continue to nap). As children wake up, diapers are changed, hands are washed, etc. Cots are put away.

** Infants will nap two and sometimes three times a day on their own schedules, which will change as they grow. Toddlers may take one or two naps each day, often around 10 a.m. and 2 p.m. Like infants, their sleep demands will change over time and may even increase and decrease at different times.

Afternoon Activities

2:45-3:15 p.m.

Children have a snack together. School-age children arrive and help themselves to a snack of their choice. This does not mean they can eat anything that they want but rather that they choose from a provider-approved selection. Children discuss choices for afternoon activities. Clean up follows.

3:15-4:00 p.m.

Activity indoor or outdoor play for all children. School-age children are invited to join in.

Late Afternoon Activities

4:00-4:45 p.m.

Free play: children play with table toys, blocks, crayons, read books, or build with blocks.

4:45-5:00 p.m.

Group story time or singing (non-disruptive play for those who do not wish to participate in the group); quiet group activity.

5:00-6:00 p.m.

Children go home at staggered times. Projects are assembled, diapers changed, and parents' information made ready. Children color, look at books, play with table toys until their parents arrive. Events of the day and plans for the next day are discussed with children and parents as they leave.

Allowing for Flexibility

Throughout the day, unplanned events often occur that offer "teachable moments," unexpected learning opportunities. A sudden thunderstorm, or the discovery of a cocoon, or a new litter of puppies in the neighborhood may arouse the children's curiosity. Although there is a planned schedule of activities, the variances in each day will guide opportunities for different activities.