

## Schedule of Daily Activities

### Seedling Room (Infant I: 3 months to 15 months)

8:00-9:30	Drop off time (encouraged)
2:00-5:30	Pick up time (recommended)
8:00-8:30	Indoor/Outdoor welcoming routine and water break
8:30-9:00	Diaper check, wash hands and morning snack
9:00-9:30	Outdoor play: exploring and sensory activities
9:30-10:00	Diaper change, wash hands, bottle feed and prepare for nap time.
10:00-12:00	Morning nap
12:00-1:00	Diaper change, wash hands, lunch or bottle feed.
1:00-1:30	Circle time, music and dance
1:30-2:00	Outdoor play: exploring and sensory activities and water break
2:00-2:30	Diaper change, wash hands, flash cards, learning physical activities, sensory play and music
2:30-3:00	Diaper change, wash hands, bottle feed and prepare for nap time.
3:00-5:00	Afternoon nap
5:00-5:30	Good-bye song, diaper change, wash hands and late snack or bottle feed.

- My First Place cares about each child's emotional and physical needs, and we make sure that every infant has one-on-one interactive play, feeding and napping attention with cuddles and holding as needed.
- Nap, play and feeding is subject to change based on children's needs and age.
- Diaper change takes place approximately every 2 hours or as needed.
- Bottle feeding or meals takes place approximately every 2 or 2.5 hours or as needed.
- Please inform MFP teachers what time your child woke up in the morning and what time your child had breakfast or milk.
- Please let the MFP teachers know if your child has any allergies or dietary restrictions.

#### Example of Enrichment Class Schedule (subject to change)

- Monday Capoeira
- Tuesday Soccer class
- Wednesday Yoga
- Thursday Baila Baila
- Friday Music Class