

Schedule of Daily Activities

Seedling Room (Infant II: 15 months to 24 months)

8:00-9:30	Drop off time (encouraged)
3:30-5:30	Pick up time (recommended)
8:00-8:30	Indoor/Outdoor welcoming routine and early snack
8:30-9:00	Outdoor play: exploring and sensory activities
9:00-9:30	Indoor activity: focused on using fine motor skills, building and direct learning
9:30-10:00	Diaper change, wash hands, water break Circle time, music and movement
10:00-10:30	Morning snack and water break
10:30-11:00	Outdoor play: exploring and sensory activities
11:00-11:30	Indoor art activity focused on using fine motor skills, building and playing
11:30-12:00	Diaper change, wash hands and lunch time
12:00-3:00	Nap time (milk is given based on child's diet)
3:00-3:30	Diaper change, wash hands and afternoon snack time
3:30-4:00	Outdoor play: exploring and sensory activities
4:00-4:30	Circle time, music and movement
4:30-5:00	Outdoor play exploring and sensory activities
5:00-5:30	Good-bye song, diaper change, wash hands and late snack.

- 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/sippy cups 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