

All About Kids Childcare

Daily Schedule

****Subject to change****

4:00am-6:00am: Rest time. Children will lay down and rest quietly either on a nap mat or in pack n play with a pillow and a blanket.

6:00am-8:00am: Sleeping children will begin waking up, use the bathroom or get diapers changed and play or watch an educational video while breakfast is prepared.

8:00am-8:30am: Breakfast time. Children will wash their hands and sit down at the table or in high chairs to eat a healthy, well-balanced breakfast. After **8:20am** no meal will be served.

8:30am-9:15am: Learning time. Children will sit down for age appropriate learning; ABC's, 1, 2, 3's, colors, shapes, etc.

9:15am-10:00am: Outdoor time. Children will get their shoes on and follow providers outside for 45 minutes of outdoor play (*weather permitting*).

10:00am-12:00pm: Indoor play time. Children will come inside, wash hands if necessary and choose an activity to do while lunch is being prepared.

12pm-12:45pm: Lunch. Children will use the bathroom or have diapers changed, wash their hands and sit down at the table or in high chairs for a healthy, well-balanced lunch. After **12:15pm** no meal will be served.

12:45pm-2:30pm: Nap time. Children will lay down on nap mat or in pack n play with a pillow and blanket for nap time. All children under the age of 5, who do not attend school, are expected to rest quietly. School aged children will be allowed a quiet activity in another room.

2:30pm-3:00pm: Children will wake up and have their diapers changed or use restroom, wash hands and get shoes on in preparation to go outdoors (*weather permitting*).

3:00pm-4:30pm: Outdoor time / activity time. Children will follow providers outside for afternoon outdoor play (*weather permitting*) / or play inside until parents arrive for pick-up. An afternoon snack will also be provided.

Please respect meal / rest times as it is important for children to follow a routine.

I have read, understand and intend to comply with the daily schedule.

Parent Signature _____

Parent Signature _____