

**Metro S.E.E.D.S. Child Care Center
Daily Program Plan**

Infant Daily Schedule

8:00	-	Center Opens ; Breakfast/Bottles;
8:40		Free play
8:40	-	Diaper Changes
9:00		
9:00	-	Morning Activity & Playtime
9:30		
9:30	-	Morning Snack/Bottles
10:00		
10:20	-	Morning Naps as needed, Outdoor Play or
11:30		Walk
11:30	-	Diaper Changes
11:50		
11:50	-	Lunch/Bottles
12:45		
12:40	-	Free Play transition to Nap Room
1:00		
1:00	-	Afternoon Naps
3:00		
3:00	-	Diaper Changes
3:20		
3:20	-	Afternoon Snack
3:50		
3:50	-	Outside Play
4:50		
4:50	-	Free Play Afternoon Activities, Including
5:30		Puzzles, Blocks and Toys
5:30		Center Closes

Note: Diapers will be changed every two hours or as needed, per parent request. Infant schedules are flexible and adjusted per the parents' request. This daily schedule is designed to enrich the infant's developmental skills and prepare them to move on to the next stage of development.

Toddler Daily Schedule

8:00 – 9:10	Breakfast & Small Group Play (Sensory ,Art, music movement)
9:10 – 9:30	Diapers/Bathroom Breaks
9:30 – 9:50	Snack Time
10:00 – 10:50	Stories & Songs
10:50 – 11:50	Outside walk or Gym Activities
11:50 – 12:10	Diapers/Bathroom Breaks
12:10 – 12:55	Lunch
12:40 – 1:00	Free Play transition to Nap Room
1:00 – 3:00	Nap Time
3:00 – 3:20	Diapers Change
3:20 – 3:50	Afternoon Snack
3:50 – 4:50	Outdoor Gross Motor Activities
4:50 – 5:30	Free Play ;Afternoon Activities, Including Puzzles, Blocks and Toys
5:30	Center Closes

Note: Diapers will be changed every two hours or as needed, per parent request.