

ST. ALBANS EARLY CHILDHOOD CENTER



SAMPLE SCHEDULE INFANT (6 WEEKS TO 1 YEAR)

PLEASE NOTE THAT INFANT FEEDING AND SLEEP SCHEDULES ARE INDIVIDUALIZED.

7:00A - 9:00A

MORNING DROP-OFF/FREE CHOICE

9:00A - 9:30A

BREAKFAST

9:30A - 9:50A

DIAPER CHANGING

9:50A - 10:00A

CIRCLE TIME

10:00A - 11:00A

OUTDOOR/GROSS MOTOR

11:00A - 11:30A

DIAPER CHANGING

11:30A - 12:30P

LUNCH

12:30P - 3:00P

NAP TIME

3:00P - 3:20P

MUSIC AND MOVEMENT

3:20P - 3:40P

SNACK TIME

3:40P - 4:30P

DIAPER CHANGING

4:30P - 6:00P

PICK-UP TIME/FREE CHOICE