

## **Infant -Toddler Routines & Daily Schedule**

Caring for infants requires individualized routines and schedules based upon the needs of each child. Typically, the younger the child, the more flexible the schedule must be. Care givers must also be responsive to the child's biological rhythms and interest.

Below are examples of the routines and experiences an infant might experience throughout the day.

- Hellos and good-byes
- Diapering and toileting
- Eating and mealtime
- Sleeping and nap time
- Dressing
- Playing with toys
- Imitating and pretending
- Enjoying stories and books
- Enjoying music and movement
- Creating art
- Enjoying and exploring the outdoors

Characteristics of an appropriate schedule may include:

- A schedule that is flexible and adaptable and is changed to meet the individual needs of the child
- A schedule that is unhurried, allowing the child to enjoy daily routine experiences
- A schedule allowing sufficient time for routines, play and transitions.
- A schedule that balances active and quiet times
- A schedule allowing children to play alone, with supervision
- A schedule that allow children to experience small group of 2-3 children
- A schedule allowing children in full day programs to go outside twice a day.