

Sample Daily Schedule for Infants and Toddlers¹

	Infant Schedule	Toddler Schedule
Children Arrive	Greeting Routine care (feeding, diapering, sleeping) Self-directed activities in play areas ²	Greeting Routine care (breakfast, diapering or going to the potty) Self-directed activities in play areas ²
Mid-Morning	Nap for some, routine care for others Planned play: teacher-directed ³ activities for some, self-directed for others Outdoor play	Snack Planned Play: teacher-directed ³ activities for some, self-directed for others Outdoor Play
Late Morning	Lunch Clean-up after lunch Nap for some Teacher-directed activities for babies who are awake	Lunch Clean-up after lunch Nap Teacher-directed activities for toddlers who are awake
Mid-Afternoon	Routine care Nap for some Teacher-directed activities for babies who are awake Outdoor play	Routine care Snack Teacher-directed activities for some, self-directed for others Outdoor play time
Late afternoon	Self-directed activities in play areas Routine care Talk to parents Clean up room Set up for next day	Self-directed activities in play areas Routine care Talk to parents Clean up room Set up for next day

¹ STARS for KIDS NOW Self Study (edited 07-09-01). Adapted from: Cryer, D., Harms, T., and Bourland, B. (1987). *Active learning for infants*. Reading, MA: Addison-Wesley Publishing.

² Self-directed activities are those that an infant/toddler can do by him/herself.

³ Teacher-directed activities are those that require assistance even after getting the infant or toddler started (e.g., reading simple books, playing peek-a-boo).