

## Stepping UP Daycare - Daily Schedules

### Infant room (3mths-18mths)

7:30-8:30 Arrival and free Play

830-845 Good Morning song and Circle

845-915 Snack and Diapering

9:15-10:15 Outdoor play (Area 2)

10:15- 11 Art and Sensory Play

11:00-11:30 Lunch

11:30-11:45 Diapering

11:45-1:45 Nap

1:45-2:00 Diapering

2:00-3:00 Outdoor Play

3:00-3:10 Diapering

3:10- 3:30- Snack

3:30-4:30 Planned experience

4:30-4:45 Diapering

4:45- 5:30 Free play and Pick up

### Toddler 1 and 2 (18months - 3 years)

7:30-8:15Arrival and Free play

8:15-8:45 Art and Sensory

8:45-9:00 toileting and diapering

9:00-9:20 Snack

9:20-10:20 Outdoor play (Area ONE)

10:20-10:45 Good Morning and Circle

10:45- 11 toileting and diapering

11:00-11:30 Lunch

11:30-11:45 Diapering and toileting

11:45-1:45 Nap/quiet time

1:45-2 Toileting and diapering

2:00-3:00 Outdoor Play (Area One)

3:00-3:15 Diapering and toileting

3:15-3:40- Snack

3:40-4:40 Planned Experience/ Structured Centres

4:40-5:00 Diapering

5:00-5:30 Storytime and Pick up

### Pre-school (ages 3-5)

7:30- 8:45 Arrival and Centre Activities

8:45-9:00 Toileting

9:00-9:20 Snack

9:20- 10:00 Circle time

10:00-10:20 Toileting and dressing for outdoor play

10:20-11:20 Outdoor play

11:20-11:30 Toileting

11:30-12- Lunch

12:00-1:00 Nap/Quiet time

1:00-2:00 Quiet table top activities and toileting

2:00-2:45 Planned experience

245-3:15 Snack and toileting

3:15-4:15 Outdoor Play

4:15-4:30 Toileting

4:30-5:30 Toileting and Centered structured activity

### After school (ages 4-10)

2:30-3:15 Pick UP from school and play at the park

3:15-3:25 Wash hands, toilet

325-3:40 Snack

340-4:05 HOMEWORK and or reading/writing/drawing

4:05-4:30 Indoor open activity

4:30-5:30 Outdoor Play Area One and pick UP

\*during holidays where full day care is provided the after care will also go outside from 7:30-8:30 and 11:30-12:30