



INFANT DAILY SCHEDULE SAMPLE (5–12 Months) | 8:30 AM – 5:00 PM

Time	Activity	Description
8:30 – 9:00 AM	Arrival, Warm Welcome & Diaper Check	Greet infants and families. Gentle floor play, music, and initial diaper check/change as needed.
9:00 – 9:30 AM	Sensory & Cognitive Exploration	Tummy time, sensory toys (textures, sounds), mirrors. Promotes curiosity and brain development.
9:30 – 10:00 AM	Bottle Feeding / Snack	Individual bottle feeding or snack with verbal interaction and comfort.
10:00 – 10:15 AM	Diaper Change & Transition	Diaper check/change before nap. Soothing music or lullabies during transitions.
10:15 – 11:00 AM	Morning Nap / Quiet Rest	Individual nap time in cribs with white noise or soft music. Based on infant's natural sleep routine.
11:00 – 11:30 AM	Language & Music Circle	Baby sign language, singing, rhymes, fingerplays. Supports communication and listening.
11:30 AM – 12:00 PM	Gross Motor Play	Crawling mats, sit-to-stand toys, reaching and grasping. Develops strength and mobility.
12:00 – 12:30 PM	Bottle Feeding / Lunch	Nutritious bottles or pureed food. Individual feeding with nurturing interactions.
12:30 – 12:45 PM	Diaper Change & Wind Down	Clean diapers before naps. Quiet time with soothing voices and dim lighting.
12:45 – 2:00 PM	Afternoon Nap / Rest	Crib nap time in peaceful setting. Each infant follows their own sleep rhythm.
2:00 – 2:30 PM	Fine Motor & Social-Emotional Play	Peek-a-boo, hand puppets, stacking toys. Fosters bonding and coordination.
2:30 – 2:45 PM	Diaper Change & Hydration Check	Clean and comfortable, water offered if appropriate.
2:45 – 3:15 PM	Outdoor Time (Weather Permitting)	Blanket play under shade, stroller rides, nature sounds. Gentle sensory exposure.
3:15 – 3:45 PM	Bottle Feeding / Snack	Afternoon bottle or puree, calm one-on-one feeding moments.
3:45 – 4:00 PM	Diaper Change & Comfort Time	Last major diaper change of the day. Quiet cuddles, soothing music.
4:00 – 4:30 PM	Story Time & Music Wind Down	Board books, soft songs, rocking chairs, calm atmosphere. Helps infants relax.
4:30 – 5:00 PM	Departure Prep & Individual Play	Soft toy play, final diaper check, bottles/snacks if needed. Warm goodbyes and family communication.