



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

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