

Sample Daily Schedule

Here is an example of a daily schedule that might work for your family child care program. It is very important to keep the needs of your group in mind when planning your daily schedule. Different ages have different needs. Schedules are important because young children find comfort in knowing, "what comes next." A good schedule also includes time for caring for basic needs such as toileting, handwashing, eating and rest. There should also be a balance between active and quiet experiences as well as indoor and outdoor play.

6:30 - 7:30 Arrival/Self-Directed Play

7:30 - 7:45 Clean-up/Handwashing

7:45 - 8:15 Breakfast

8:15 - 8:30 Handwashing/Toileting/Diapering

8:30 - 9:00 Group Experience (include infants if they are awake)

9:00 - 9:45 Small Group Activities & Free Choice Play

9:45 - 10:00 Cleanup/Handwashing

10:00 - 10:15 Snack

10:15 - 11:15 Outdoor Active Play

11:15 - 11:30 Diapering/Toileting

11:30 - 11:45 Story Time

11:45 - 12:00 Handwashing/ Get Ready for Lunch

12:00 - 12:30 Lunch (Don't forget to sit and talk with the children!)

12:30 - 12:45 Diapering/Toileting/Handwashing/Brush Teeth 🍷

12:45 - 2:45 Nap Time

2:45 - 3:00 Wake up/Toileting/Handwashing

3:00 - 3:30 Snack

3:30 - 4:30 Indoor Free Play and/or Outdoor Free Play

4:30 - 4:45 Toileting/Diapering/Handwashing

4:45 - 5:00 Story Time

5:00 - 6:30 Pick-Up - Free Choice Play until Parents/Caregivers Arrive



Our Daily Schedule

Time	Activity

