

Day Care Plus Infant Day

Early Morning • 7 am - 10 am • Diaper check	Greet Snuggle time Breakfast / bottles Tummy play Language development Naptime
Late Morning 10 am – 12 pm Diaper check 	Exercise and stimulation Sitting up play (when applicable) Music Outdoor Morning walk
Midday 12 pm – 3 pm Diaper check Clean teeth 	Lunch / bottles Massage Soft music Naptime
Late Afternoon 3 pm - 6 pm Diaper check 	Snack / bottles Floor time Outdoor play Story time Good-byes