

Little Sprouts Daily Schedule

6:30-8:00	Arrival - Free play in the Sunshine Room
8:00-8:30	Daily Art Project
8:30-9:00	Breakfast followed by diaper changes
9:00-10:30	Free play (inside or outside)
10:30-11:15	Activity followed by diaper changes
11:15-12:00	Lunch
12:00-2:00	Nap
2:00-2:30	Diaper change followed by snack
2:30-3:45	Free play (inside or outside)
3:45-4:00	Diaper changes
4:00-6:00	Departure - Free play (inside or outside)

*Diapers are changed as needed throughout the day

*When children wake up from a nap, they are given the chance to fall back asleep. If they do not want to go back to sleep, they sit at the table for a quiet activity.

*Schedule may change as needed