



Darling Dolphins Childcare

Infant Daily Routine (6 weeks -18 months)

Infants' routines will be based on their needs throughout the day. They will participate in safe, developmentally appropriate activities. Routines and specific times are based on child's needs and may vary each day.

Toddler Daily Routine (18 months - 3 years old)

7am - 8am Drop off Free Choice

8am - 8:30am Circle Time Learning Activities

8:30am -9:30am Infant Naps as Needed/ Am Snack & Brushing teeth

9:30am - 10:30am Toddler and Preschool Learning/ Outdoor Play

10:30am - 11am Clean-up/ Potty Breaks/ AM Snack and/ or milk as needed

11am Prepare/ Lay down for nap

11:30am - 1 or 1:30pm Nap Time

1 or 1:30pm - 2pm Lunch/Clean Up from Nap

2pm - 3pm Outdoor Play

3pm - 3:45pm Afternoon snack/ Infant Naps as Needed

3:45pm - 5pm Learning Activities / Pickups

**Infants transition to a nap mat around 12 to 15 months old and to
one nap a day around 18 months old**