
OUR DAILY ROUTINE*

AM 8:00 – 8:30	Children Arrival / Free Play / Clean Up
AM 8:30 – 10:00	Circle Time / Curriculum / Science / Craft (Wednesdays Only)
“ “	Morning Snack (served at 9:00am) / Potty Break & Diapering
AM 10:00 – 11:00	Outside Play / Walk (more or less time depending on weather)
AM 11:00 – 12:00	Lunch preparation / LUNCH (served at 11:30am) / Clean Up
“ “	Potty Break & Diapering / Prepare Sleeping Areas
PM 12:00 – 3:00	Lights Out / Nap Time / Rest Time / Quiet Activity
(PM 2:30 – 3:00)	Wake Up / Potty Break & Diapering / Clean Up Sleeping Areas
PM 3:00 – 3:15	PM Snack (served at 3ish pm)
PM 3:15 – 4:00	Outside Play / Walk / Free Play / Children Pickup

* The above stated times are estimates. They are closely followed (but not strictly) and only listed in order to give parents a general idea of what their child’s daily routine consists of. A child will not be forced to participate in any curriculum, craft, or science activity if they are not willing.

During nap time children are not required to sleep, however, keep in mind my program enrolls children from infancy to school age so a nap is a necessity for many. Most importantly, as a provider, I utilize this time to clean up, prep for the next day, eat lunch, and use the facilities privately. Children who are not interested in sleeping will be required to sit quietly with a book or quiet activity until rest time is over. Please see the [LBK Parent Policy Handbook](#), section 3 “Daily Routines”, policy “Rest Time” on page 7 for important information regarding non-nappers.