

Our Daily Rhythm

Please keep in mind that our schedule is flexible and may vary depending on the needs of the children each day. Most importantly, each child becomes familiar with the “rhythm” of our day, making them feel secure in knowing what to expect next.

7:00 am – Open

Children arrive and are greeted, transitional time from parent to caregiver.
Free exploration and play so the child is able to feel secure and safe in their surroundings.
Educational childrens’ programming is on during meal preparation.

8:00 – Breakfast

Hands are washed.
Children are seated (if able they select their own plate and/or utensils to help set the table).
Breakfast is served.
Clean up – If able, each child brings their dishes to the sink and may assist in wiping the table with a damp cloth.
Wash Up, Brush Teeth, Diaper/Potty
Free Play

9:00 – Nature Walk or Outside Play (*weather permitting*) ++

9:30 – Circle Time (*outside, weather permitting*) ++

Children gather together and sit in the circle to participate in our planned program. We sing welcome and daily songs, have storytime, and then do fingerplays, rhymes and songs all related to our weekly theme. Morning circle includes counting, color recognition and singing the alphabet.

Yoga Session (*weather permitting*) ++

10:00 – Morning Snack (*outside, weather permitting*)

11:15 – Clean Up

All children are encouraged to help in tidying up as a group effort.
Educational childrens’ programming is on during meal preparation.

11:30 – Lunch ⁺⁺

Hands are washed.

Children are seated (if able they select their own plate and/or utensils to help set the table).

Lunch is served.

Clean up – If able, each child brings their dishes to the sink and may assist in wiping the table with a damp cloth.

Wash Up, Brush Teeth, Diaper/Potty

12:00 – Rest Time

Each child is individually taken to their sleeping space and tucked in.

Children are not forced to sleep, but are expected to rest in their sleeping space for 30 minutes. If they are still awake after 30 minutes, quiet activities (such as reading, puzzles, or watching children's programming) are allowed so we do not disturb the sleeping children.

This is my time to catch up on housework, paperwork and correspondence.

Upon waking – Wash up, Diaper/Potty

Afternoon Snack

2:30 – Circle Time (*outside, weather permitting*)

Children gather together and sit in the circle to participate in our planned program. We sing daily songs, have storytime, and then do fingerplays, rhymes and songs all related to our weekly theme. Afternoon circle includes calendar activities (year, season, month, day and days of the week), letter of the week, and our poem for the month.

3:00 – Arts & Crafts, Music Time or Special Planned Activities

3:30 – Free Play or Outside Play (*weather permitting*) **until Parent Arrival**

⁺⁺ *On Wednesdays, these activities will be replaced by the storytime program provided by the Logan Hocking Library. During summer it is held on Thursdays at Kachelmacher Park; we will eat a packed lunch and spend our outside play time at the park that day.*